

7 Essential Oils

100 all natural solutions

*A starters guide to proper use of Essential Oils
based on personal use and user testimonials*



7 Essential Oils & 100 all natural solutions

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Let me tell you about the oils I have chosen to talk about in this particular E-Book. I have decided to base myself on a Young Living kit called the 'Essential 7' which groups the seven most popular and easy to use oils.

LAVENDER is the most versatile of all essential oils. Therapeutic grade lavender has been highly regarded for the skin, and has been clinically evaluated for its relaxing effects. Wait to see all you can do with this one!

LEMON has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

PEPPERMINT is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, MD, studied peppermint's effect on the liver and respiratory systems.

JOY — is an exotic blend of Lemon, mandarin, Bergamot, ylang ylang, rose, Rosewood, Geranium, Palarosa, Roman chamomile and jasmine that produces an uplifting magnetic energy and brings joy to the heart



PANAWAY—is a blend of Wintergreen, Clove, Peppermint and Helichrysum. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

PEACE & CALMING — is a gentle, fragrant blend of Tangerine, Orange, ylang ylang, Patchouly and Blue Tansy specifically designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits

PURIFICATION — is an antiseptic blend of Citronella, Lemongrass, Rosemary, Melaleuca, Lanandin and Myrtle formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

THIEVES* — Thieves® was created based on research about four thieves in France who protected themselves with cloves, rosemary, and other aromatics while robbing plague victims. The proprietary Thieves® oil blend was university tested and found to be highly effective in supporting the immune system and good health.

() This is where I cheat a little and add another blend to the 7 above mentioned oils. The Thieves blend is not part of the Essential 7 kit but it should definitely be part of your must have oils. I believe this blend to be one of the most powerful and effective there is for fighting infections and viruses of all kinds and helping support the immune system.*

GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS

1. Always keep a bottle of pure vegetable mixing oil or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. **DO NOT USE WATER** as essential oils are non-water soluble: using water will only spread the essential oil over a larger area.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Keep essential oils out of the reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
5. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3-4 days of use.
6. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers.
7. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as Clary sage, Idaho tansy, juniper and fennel.
8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid hyssop, fennel, and Idaho tansy oils.
9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
10. Before taking GRAS (Generally Regarded As Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soy milk.
11. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.

I. Natural First Aid solutions

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| Blister | Purification | Rub a drop of Purification oil on a blister to cleanse and disinfect. |
| Bruises | PanAway | Apply PanAway oil topically on an injured area to reduce inflammation and bruising. |
| Burns | Lavender | Put a drop of Lavender oil on a minor burn to decrease pain. |
| Cuts | Lavender | Drop Lavender oil on a cut to clean the wound and kill bacteria. |
| Cuts / Scars | Lavender | To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area. |
| Injury inflammation | Peppermint | Massage several drops of Peppermint oil on the area of an injury to reduce inflammation. |
| Insect bites | Purification | Put a drop of Purification oil on insect bites to cleanse and stop itching. |
| Insect sting | Lavender | Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling. |
| Nose bleed | Lavender | To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue-covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum). |
| Poison ivy / poison oak | Peppermint | For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with pure vegetable mixing oil. |
| Sunburns | Lavender | Spritz several drops of lavender oil mixed with pure distilled water on a sunburn to decrease pain. |

Looking for more natural remedies for your home? Make sure to check out the essential oil testimonial website at : <http://www.oil-testimonials.com/>

II. Natural solutions for your home

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| Air freshener | Lemon | Use 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle with distilled water to use in the bathroom as an air freshener. |
| Animal ear mites | Purification | Apply Purification oil and Peppermint oil diluted with pure vegetable mixing oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs. |
| Animals arthritic pets | PanAway | For arthritic pets, massage PanAway oil diluted with pure vegetable oil base on location or put a drop in the food. |
| Animals Ticks | Peppermint | Remove ticks by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to unhedge its head and then remove from your pet. |
| Aphids | Peppermint | To kill aphids, add 4-5 drops of Peppermint oil to 4 ounces of water and spray the plants. |
| Dishwasher | Lemon | Add a drop of Lemon oil to your dishwasher before the wash cycle. |
| House Carpet cleaner | Lemon | Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room. |
| House Clean fruit | Lemon | To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil . Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water. |
| House kitchen cleaner | Lemon | Rub a drop of Lemon oil to clean a butcher's block or other cutting surface. |
| House Kitchen Sterilizer | Lemon | Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize them. |
| House Laundry | Lavender | Place a few drops of Lavender oil on a wet cloth and throw in the dryer to deodorize and freshen your laundry. |

II. Natural solutions for your home (continued)

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| House Odors | Purification | Diffuse Purification oil to clean the air and neutralize foul or stale odors. |
| House Odors / Humidifier | Purification | Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air. |
| House Odors / smelly shoes | Purification | Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors. |
| House Odors / ventilation | Purification | Put several drops of Purification oil on a cotton ball and place in air vents in the home, office, hotel room or other enclosed area. |
| House Paint fumes | Peppermint | Mix one 15 ml. bottle of Peppermint oil into a gallon of paint to dispel the fumes. |
| House Rats / Cockroaches / Ants | Peppermint | To deter rats, mice or cockroaches, place two drops of Peppermint oil on a cotton ball and place along the path or point of entry for these pests. |
| House water fountain | Lavender | Place a drop of Lavender oil in your decorative water fountain to scent the air, kill bacteria and prolong time between cleanings. |
| Insect moth repellent | Lavender | Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent the linens and repel moths and insects. |
| Insect repellent | Purification | Spritz several drops of Purification oil mixed with water to repel insects. |
| Kill germs | Lemon | Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs. |
| Potpourri | Joy | Sprinkle a few drops of Joy oil into potpourri to improve fragrance. |
| Sanitizer | Lemon | Use a paper towel soaked with several drops of Lemon oil to sanitize bathroom fixtures. |
| Stain remover | Lemon | Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon. |

Looking for more natural remedies for your home? Make sure to check out the essential oil testimonial website at : <http://www.oil-testimonials.com/>

III. Natural remedies for you and your family

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| Acne | Lemon | Put a drop of Lemon oil on oily skin or acne to balance sebaceous glands (oil glands). |
| Airborne viruses | Thieves | Diffuse Thieves in your home 15 minutes 3 times a day for a marvelously clean, healthy virus free environment |
| Allergies | Lavender | Diffuse lavender oil to alleviate the symptoms of allergies. |
| Arthritic areas | PanAway | Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain. |
| Arthritis | Peppermint | Rub Peppermint oil on joints to relieve arthritis or tendonitis pain. |
| Athlete's foot | Lemon | Rub two drops of Lemon oil topically to clean athlete's foot. |
| Blocked Tear ducts | Lavender | Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts. |
| Blood flow | Joy | Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow. |
| Cold congestion | Peppermint | Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold. |
| Cold prevention | Thieves | Add 1 drop to a small glass of water, mix well and drink daily during cold season for a nice natural protection |
| Cold, Runny nose | Thieves | Drink a cup of 'Thieves Tea' every 2 hours (4 drops of Thieves, 1tsp of soy milk or half&half, stevia or agave for sweetness and hot water. Symptoms will be gone within 48hours |
| Diarrhea | Peppermint | Rub 4-6 drops of Peppermint oil in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea. |
| Eczema | Lavender | Mix several drops of Lavender oil with pure vegetable oil base and use topically on eczema and dermatitis. |

III. Natural remedies for you and your family (continued)

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| Fever | Peppermint | Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever. |
| Flatulence | Peppermint | Rub 4-6 drops of Peppermint oil in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea. |
| Flu | Purification | Dilute Purification oil with pure vegetable mixing oil and swab the nasal cavities to ward off the flu. |
| Growing pains | PanAway | Mix PanAway oil with massage oil and massage on location to stop “growing pains.” |
| Hay fever | Lavender | Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever. |
| Headache | PanAway | Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache. |
| Headache | Peppermint | To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes!) and on the back of the neck. |
| Heartburn | Peppermint | Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn. |
| Hiccups | Peppermint | To stop hiccups, apply a drop of Peppermint oil on each side of the 5th cervical vertebra (up three notches from the large vertebra at the base of the neck). |
| Indigestion | Peppermint | Rub 4-6 drops of Peppermint oil in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea. |
| Motion sickness | Lavender | To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue or around the navel and behind the ears. |
| Nausea | Peppermint | Massage several drops of Peppermint oil on the abdomen to relieve nausea. |

III. Natural remedies for you and your family (continued)

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| Pinkeye | Thieves | Diffuse Thieves in your room for 30 minutes and especially before bed. Thieves is a wonderful immune boosting blend, you will be amazed by the results |
| Sciatic pain | PanAway | Rub 2-3 drops of PanAway oil at the base of the spine to relieve sciatic pain. |
| Skin blemishes | Purification | Apply a drop of Purification oil on blemishes to clear the skin. |
| Skin itching | Peppermint | Rub several drops of Peppermint oil topically on unbroken skin to stop itching. |
| Skin rash | Lavender | Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin. |
| Sleep problems | Lavender | Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep. |
| Sore feet | Peppermint | Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet |
| Sore muscles | PanAway | Apply PanAway oil topically to sore muscles after exercising. |
| sore throat | Purification | Rub a drop of Purification oil on the outside of a sore throat when it is first beginning. |
| Sore Throat | Thieves | Add 4 drops of Thieves to some water and gargle it 4 to 6 times during the day |
| Teeth grinding | Peace and Calming | To help stop nocturnal teeth grinding, diffuse Peace & Calming oil while sleeping. |
| Toe nail funguss | Thieves | Apply one drop of Thieves a day onto the affected nail and see great results using no chemicals |
| Travel (Air Borne) | Purification | While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the re-circulated air. |
| Travel sickness | Peppermint | Rub 4 drops of Peppermint oil on chest and stomach to relieve travel sickness. |
| Varicose veins | Lemon | Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins. |
| Warts | Lemon | Rub a drop of Lemon oil on a wart morning and night until it disappears. |

IV. Self Care

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| After shave | Joy | Rub a drop of Joy oil between your palms and then spread over the face and neck after shaving. |
| Appetite reducer | Peppermint | Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat. |
| Bad breath | Peppermint | Place a drop of Peppermint oil on the tongue to stop bad breath. |
| Bleeding gums | Lemon | Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction. |
| Calm children | Peace and Calming | Diffuse Peace & Calming oil in the room to calm overactive or hard to manage children. |
| Calming | Lavender | Rub Lavender oil on the feet for a calming effect on the body. |
| Cellulite | Lemon | Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells. |
| Chapped lips | Lavender | Rub a drop of Lavender oil on chapped or sunburned lips. |
| Cold sores | Lavender | Put a drop of Lavender oil on a cold sore. |
| Cold sores / mouth ulcers | Lemon | Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing. |
| Concentration I | Peppermint | Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration. |
| Concentration II | Peppermint | Diffuse Peppermint oil on the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall. |
| Corn / bunions | Lemon | Rub a drop of Lemon oil on a corn, callous or bunion mornings and evenings. |
| Dandruff | Lavender | Rub several drops of Lavender oil into the scalp to help eliminate dandruff. |
| Deep sleep | Peace and Calming | Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep. |

IV. Self Care (continued)

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| Deodorant | Joy | Rub two drops of Joy oil on the armpit area for a deodorant. |
| Deodorant | Lavender | Rub 2-4 drops of Lavender oil over the armpit to act as a deodorant. |
| Dry skin | Lavender | Rub Lavender oil on dry or chapped skin. |
| Energy boost | Peppermint | Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue. |
| Fight frustration and depression | Joy | Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration or depression. |
| Hand cleaner | Lemon | Rub a drop of Lemon oil on your hands after using a public restroom. Only kills bad bacteria |
| Libido | Joy | Rub two drops of Joy oil on the heart and feet to increase libido. |
| Pain reliever | Peppermint | Apply Peppermint oil immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound. |
| Perfume | Joy | Wear a drop of Joy oil behind each ear as a perfume. |
| Relaxing bath | Peace and Calming | Put Peace & Calming oil mixed with bath gel base in warm water for a relaxing bath. |
| Relaxing massage | Peace and Calming | Mix Peace & Calming oil with massage oil for a relaxing massage. |
| Uplift your mood | Joy | Put a drop of Joy oil on the tip of your nose to uplift your mood. |

V. Nutrition

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| Baking | Lemon | Use 1 drop of Lemon oil to add flavor to baked goods or beverages. |
| Coffee replacement | Peppermint | Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee. |
| Food flavoring | Peppermint | Add Peppermint oil to food as a flavoring and a preservative. |
| Home lemonade | Lemon | For homemade lemonade, in a blender mix 2 drops of Lemon oil , 2 tablespoons of honey and two cups of pure water. Adjust amounts to suit your own taste. |
| Refreshing drink | Peppermint | Drink a drop of Peppermint oil mixed in a glass of pure cold water to cool off on a hot day. |

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Ordering your Essential Oils :

If you would like to discover the other great oils and products Young Living has for you make sure to check out their web site by going to :

<http://www.youngliving.us/>

Young Living essential oils are only available through their website. The ordering process is very simple like most online stores. However unlike other online stores they give you the opportunity to buy your oils at the wholesale price which is about 20% under the retail price! "Now what's the catch?" you ask.

All you have to do to buy your products at the wholesale price is sign up as a distributor and order a distributor kit with your first order, that's all. Once you have ordered your distributor kit with your first order there is NO Obligation to do anything! You don't have to sell products to anyone or sign people up or do any kind of marketing activity to keep your distributor status. Pretty neat, don't you think?

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Distributor kits are packed with great information about Young Living and educational material and also have great products at discount prices so chances are you would have ordered what they contain anyway. To find out more about the [distributor kits follow this link](#)

Please feel free to [contact me](#) if you have any questions regarding these great products or regarding the best oils to use for a specific condition. I don't have all the answers but I will always do my best to help.

Thank you for your time and welcome to the wonderful world of essential oils.

Please feel free to share this document with any friends or family we can all benefit from the use of these natural wonderful oils in our daily lives.



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