

## 128 Uses for the Essential Oil Starter Kit

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The Everyday Oil Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils for everyday issues. This kit of oils can replace all your over-the-counter remedies.

The Kit contains four single oils: Lavender, Lemon and Peppermint, and Frankincense and five oil blends: Valor, PanAway, Peace & Calming, Thieves and Purification.

Tips for application and usage:

1. All single oils may be used as dietary supplements taken in food, water, rice milk or capsules.
2. All of the oils may be diffused. Diffusing allows the oils to stay suspended in the air to increase negative ions and oxygen, reduce bacteria, viruses, fungi and mold. Diffusion doesn't just cover up odors; it literally alters the molecular structure of pathogens and microorganisms rendering them harmless.
3. All of the oils can be applied to the Vita Flex points on the feet.
4. All of the oils can be added to bath water.
5. All of the oils can be applied topically or used with body and foot massage.

**LAVENDER-** (*Lavandula augustifolia*) is the most versatile of all essential oils. It's often referred to as "adaptogenic" which means it adapts to your body's needs. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing—physically and emotionally.

1. **Calming:** Rub on feet for calming.
2. **Sleeping aid:** Rub on your pillow to help you sleep.
3. **Insect bites or stings:** Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
4. **Burns:** Put 2-3 drops on a minor burn to decrease pain.
5. **Minimize bleeding:** Drop Lavender oil on a cut to stop the bleeding.
6. **Eczema/Dermatitis:** Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. **Motion sickness:** To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
8. **Nosebleeds:** To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
9. **Unblock tear ducts:** Rub a drop over the bridge of the nose to unblock tear ducts.
10. **Chapped Skin:** Rub Lavender oil on dry or chapped skin.
11. **Chapped Lips:** Rub a drop of Lavender oil on chapped or sunburned lips.
12. **Scar Tissue:** To minimize the formation of scar tissue, massage on and around the affected area.
13. **Deodorant:** Rub 2 – 4 drops over the armpit area to act as a deodorant.
14. **Hay Fever:** Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. **Dandruff:** Rub several drops of Lavender oil into scalp to help eliminate dandruff. Also put in shampoo.
16. **Repel Moths:** Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
17. **Water Fountains:** Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. **Laundry:** Place a few drops on a wet cloth and throw into the dryer.
19. **Cold Sore:** Put a drop of Lavender oil on a cold sore.
20. **Allergies:** Diffuse Lavender oil to alleviate the symptoms of allergies. Rub across bridge of nose, will act as natural antihistamine.
21. **Sunburn:** Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. **Disinfect Wound:** Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. **Diaper Rash:** Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

**PEPPERMINT-** (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve

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concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

1. **Indigestion:** Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
2. **Improve Alertness:** Place two drops on tongue and inhale.
3. **Tea:** Add peppermint to herbal tea to aid in digestion and relieve heartburn
4. **Heartburn:** Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
5. **Reduce Inflammation:** Massage several drops of oil on an injury to reduce inflammation.
6. **Pain Relieving:** Apply Peppermint oil immediately to an injured area to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
7. **Reduce Fever:** Rub several drops of oil on the bottoms of the feet to reduce fever.
8. **Reduce Itching:** Apply Peppermint oil topically on unbroken skin to stop itching.
9. **Poison Ivy or Oak:** For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
10. **Boost Energy:** Inhale before & during a workout to boost your mood and reduce fatigue.
11. **Relieve Nausea:** Massage several drops on the abdomen to relieve nausea.
12. **Improve alertness and concentration:** Place two drops of Peppermint oil on the tongue and rub another drop under the nose
13. **Improve Memory:** Diffuse Peppermint in the room studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
14. **Mental Accuracy:** Breathe in deeply 6-8 times. Will increase mental accuracy by 28%.
15. **Restore Sense of Smell and Taste:** Breathe deeply often; stimulates the trigeminal nerve.
16. **Relieve Headache:** To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
17. **Travel Sickness:** Rub 4 drops on chest and stomach to relieve travel sickness.
18. **Menstrual Cramps:** Rub on abdomen and lower back.
19. **Stop Hiccups:** apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches
20. from the base of the neck
21. **Energizing:** Rub on legs for invigorating sense of energy.
22. **Skin:** Nourishes dull skin and improves oils skin. Dilute 1 drop in Almond oil or other carrier.
23. **Brownies:** Mix 1-2 drops in batter for yummy chocolate-mint brownies.
24. **Hair:** Is natural astringent and will regulate and normalize oily hair. Use 2-3 drops in 4 oz. of water. Spray on scalp. No need to rinse.
25. **Nerve Pain:** Rub on area of concern.
26. **Toothache:** Put one drop over toothache area, will relieve pain.
27. **Expectorant:** Rub on chest as expectorant
28. **Drink as Tea:** 1 drop equals 28 cups of peppermint tea. Will help tone liver, intestines and nervous system.
29. **Addictions:** Place one drop on tongue or in water, stops cravings for cigarettes.
30. **Irritable Bowel:** New research shows peppermint to be highly effective for IBS
31. **Relieve Congestion:** Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
32. **Flavoring:** Add Peppermint oil to food as a flavoring and a preservative.
33. **Deter Critters:** To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
34. **Dispel Fumes:** Mix one 15 ml. bottle of Peppermint into 5 gallons of paint to dispel the fumes.
35. **Replace Coffee:** Place a couple of drops in a cup of hot water and enjoy in place of coffee.
36. **Kill Aphids:** add 4-5 drops to 4 ounces of water and spray the plants.
37. **Cooling:** Drink a drop mixed in a glass of cold water to cool off on a hot day.
38. **Relieve Joint Pain:** Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
39. **Bad Breath:** Place a drop of Peppermint oil on the tongue to stop bad breath instead of gum.
40. **Appetite Suppressant:** Inhale the fragrance to curb appetite and lessen the impulse to overeat.
41. **Remove Ticks:** by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, and then remove from your pet.
42. **Sore Feet:** Mix Peppermint oil in a footbath to relieve sore feet.

**FRANKINCENSE:** (*Boswellia carteri*) also known as "olibanum," or "Oil of Lebanon." Considered the holy anointing oil; used in religious ceremonies for thousands of years. Known as "liquid gold" in the time of Christ.

1. **Stress:** Rub on temples or place a drop on tongue and push to roof of mouth to relieve stress and sadness.
2. **Meditation:** Diffuse to increase spiritual awareness and uplift the spirit.
3. **Stimulate Brain:** Diffuse or inhale directly to stimulate the limbic system of the brain (memory and emotional center).

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4. **Immune Stimulant:** Take as a dietary supplement for immune stimulation
5. **Skin Care:** Rub on skin to decrease signs of wrinkles. Invitro studies have demonstrated DNA repair using Frankincense.
6. **Skin Spots:** Rub on skin to lighten age spots, decrease inflammation of acne & boils.
7. **Vision:** Rub around orbit of the eye for improved vision. (is highly oxygenating)
8. **Anointing:** Anointing oil with Biblical references to protect from illness & disease.

**PANAWAY** - A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort.

1. **Inflammation:** Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
2. **Muscles Aches:** Apply PanAway oil topically to sore muscles after exercising.
3. **Headache:** Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
4. **Growing Pains:** Mix with massage oil and massage on location to stop growing pains.
5. **Arthritic Pain:** Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
6. **Sciatic Pain:** Rub 2-3 drops at the base of the spine to relieve sciatic pain.
7. **Arthritic Pets:** For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

**PEACE & CALMING**- A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

1. **Quality Sleep;** 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.
2. **Overactive Children:** Diffuse in the room to calm overactive or hard to manage children.
3. **Massage:** Mix with massage oil for a relaxing massage.
4. **Bath:** Mix with Bath Gel Base in warm water for a relaxing bath.
5. **Teeth Grinding:** To help stop nocturnal teeth grinding, diffuse while sleeping.

**PURIFICATION**- An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula x hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

1. **Clean Air:** Diffuse Purification oil to clean the air and neutralize foul or stale odors.
2. **Clean Locations:** Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
3. **Protection:** While traveling, inhale Purification oil during flights to protect you from pathogens found in the re-circulated air.
4. **Itching:** Put a drop of Purification oil on insect bites to cleanse and stop the itching.
5. **Blemishes:** Apply a drop of Purification oil on blemishes to clear the skin.
6. **Sore Throat:** Rub on the outside of a sore throat when it is first beginning.
7. **Blister:** Rub a drop of Purification oil on a blister to cleanse and disinfect.
8. **Smelly Sneakers:** Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
9. **Humidifier:** 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.
10. **Flu:** Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
11. **Insects:** Spritz several drops of Purification oil mixed with water to repel insects.
12. **Animal Care:** Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

**THIEVES** -A blend of highly antiviral, antiseptic, antibacterial, anti-infectious oils. Includes: clove (*Syzygium aromaticum*), lemon (*Citrus Limon*), cinnamon bark (*Cinnamomum verum*), eucalyptus (*Eucalyptus radiata*), and rosemary (*Rosmarinus officinalis*). This oil blend was named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying.

1. **Disinfectant:** Make a Spritz to use as a disinfectant.
2. **Room Sanitizer:** Diffuse to kill airborne microbes and pathogens. (Research shows a 99.96% decrease in airborne pathogens.)
3. **Mold:** Diffuse and use directly for toxic molds.
4. **Outdoor:** Use Thieves oil, natural soap and water to clean outdoor surfaces like concrete, wood and siding to stop toxic molds.
5. **Hand Wipes:** Make your own disinfectant hand wipes for home and travel. (Use paper towels, bath gel base, water and Thieves oil.)
6. **Natural Anti-Bacterial:** Mix water and few drops of Thieves oil, gargle and swallow for internal digestive cleanse.
7. **Pain:** Dilute and use for teething, mouth and dental pain.

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8. **Sore Throat:** Dilute and use for sore throats, swollen glands and tonsils.
9. **Ear:** Dilute and apply around ear area (never directly in ear) for infection.
10. **Immune:** Rub 3 drops directly on bottom of feet to enhance immune function.
11. **Toenail Fungus:** Use directly on toenail fungus 2-4 times daily until gone.
12. **Skin:** Dilute and dab on pimples, boils and acne.
13. **Warts:** Dab on warts, until eliminated.
14. **Cleaning:** Use *Thieves Household Cleaner* to eliminate and prevent airborne pathogens from home, school, indoor and outdoor work environments.
15. **Bug Remover:** Spray on front of car, makes dried, dead bug removal a snap.

**VALOR**-A blend of rosewood (*Aniba rosaeodora*), blue tansy (*Tanacetum-anuum*), frankincense (*Boswellia carteri*), and spruce (*Picea mariana*).

1. **Stress:** Chiropractor in a bottle! Use to relieve pain and stress.
2. **Electrically Balancing:** Apply 3-4 drops on feet or spine for improved spinal alignment.
3. **Physically Balancing:** Use in Raindrop Technique® for general structural balancing.
4. **Calming:** Apply topically or diffuse for calming and stress relief.
5. **Focus and Clarity:** Apply topically on temples and back of neck for improved focus and mental clarity.
6. **Perfume or Cologne:** Wear as cologne! It's perfect for men and women.

**LEMON** – (*Citrus limon*) Research by Jean Valnet, M.D., showed that diffused lemon oil can kill meningococcus, typhoid bacilli, *Staphylococcus aureus*, diphtheria and inactivate tuberculosis bacteria. Lemon also boosted immunity, induced relaxation and reduced depression. Another study found that diffusing lemon oil in offices resulted in 54% fewer errors. Caution: All citrus oils may cause sun sensitivity.

1. **Gum Remover:** Awesome for removing gum from hair, furniture, shoes, etc.
2. **Mood Enhancer:** Diffuse throughout day and inhale from hands when feeling blue.
3. **Errors:** Diffuse while working to reduce errors.
4. **Lemonade:** Make your own healthy lemonade. Place 2-3 drops in pitcher with 2 cups pure water and honey.
5. **Kitchen:** Add 2-3 drops to water and spray kitchen surfaces to sanitize.
6. **Fruits and Vegetables:** Put 2-3 drops in water and drop fruit into water. Will prolong shelf life and sanitize.
7. **Tumor Regression:** Over 50 studies reveal limone's ability to combat tumor growth. Rub on breasts.
8. **Immune Stimulant:** Put 2 drops in water and drink to stimulate immune system (increases white blood cells)
9. **Veins:** Improves microcirculations, rub a few drops on legs and feet.
10. **Disinfect:** Soak washcloths in bowl with 2-3 drops to kill germs and sanitize.

#### **Common "Scents" Precautions**

##### **Guidelines for the Safe Use of Young Living Essential Oils**

Therapeutic-grade essential oils are strong and safe when used as directed. Below are some preventative precautions to help you have an enjoyable experience using Young Living Essential Oils.

Always test for skin sensitivity and keep a bottle of V-6 vegetable mixing oil, massage oil base or any pure olive oil handy when using essential oils.

Vegetable oils dilute essential oils if they cause discomfort or skin irritation. Water does not help.

Read the complete label before using essential oils. Keep bottles of essential oils tightly closed and store them in a cool location away from children. If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk. Do not use essential oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months (2 ½ years) of age.

The citrus-based oils of Bergamot, Grapefruit, Lemon, Orange and Tangerine as well as oil blends with a heavy citrus concentration such as White Angelica and Purification should not be used on areas of the skin that will be exposed to the sun or UV rays within 72 hours. They may cause an increased reaction to the sun.

Keep essential oils away from the eyes and out of your ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil, not water.

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Oils with high phenol content – Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, Thieves, and ImmuPower – may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.

Epileptics and those with high blood pressure should consult their health care professional before using these essential oils. Avoid Hyssop, Fennel and Idaho Tansy oils.

Before taking GRAS (Generally Regarded as Safe by the FDA) essential oils internally, always dilute with an oil soluble liquid like rice milk or almond milk.

Do not add undiluted essential oils directly to bath water. Use Epsom Salts, Baking Soda or Bath Gel as a dispersing agent for oils in the bath.

Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as Clary Sage, Sage, Idaho Tansy, Juniper and Fennel.

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