

55 USES FOR THE EVERYDAY OILS KIT

Included in the Premium Starter Packs



1. Dilute 50/50 & apply to skin blemishes*
2. Apply 1-3 drops on each foot to support immune system*
3. Apply 1-3 drops on nails and at base of nails, 3 x per wk to strengthen nails*
4. Rub 2-3 drops on breasts everyday
5. 1-2 drops on temples to improve concentration*



24. Add 2 drops w/ 1/2 tsp sea salt to spray bottle of water to clean yoga mats
25. Add 1-2 drops to non-cystic acne*
26. Add 1-2 drops in hand with shampoo each day
27. Rub 2 drops between palms then into dogs coat
28. Add 1-2 drops to soothe dry skin*



47. Rub 1-2 drops on back of neck to ease daily tension*
48. Diffuse 2-4 drops to enhance mood*
49. Inhale before meetings or speaking*
50. Rub 1-2 drops on bottom of feet at bedtime*
51. Rub 1-2 drops on muscles after exercise*



6. Rub a drop over the heart to increase feelings of joy*
7. Wear a drop of Joy behind each ear as a perfume
8. Rub a drop between palms then spread over face after shaving
9. Rub 2 drops onto lower legs
10. Rub 2 drops under arms for deodorant*
11. Rub 2 drops on heart & feet to enhance sexual desires*



29. Apply topically to ease sore muscles after exercising*
30. Rub a drop into temples to ease tension caused by regular everyday irritations*
31. Rub 1-2 drops onto aging hands*
32. Dilute 50/50 and rub into child's growing legs*
33. Rub 2-3 drops diluted with massage oil along spine*
34. Rub 1-2 drops diluted on aging pets legs*



52. Rub 1-2 drops on bottom of each foot to support immune system*
53. Add 1 drop with lemon and warm water to soothe dry throat*
54. Add 1 drop to toothpaste to support gum health*
55. Add 2-6 drops w/ 1/2 tsp sea salt and water in spray bottle for all-purpose cleaner



12. Rub 1-2 drops on feet at bedtime*
13. Use 2-3 drops to cool skin*
14. Use 1-2 drops on skin blemishes*
15. 1-2 drops behind ear and around navel before traveling*
16. Combine 1 drop w/ coconut oil and apply to lips*
17. Apply 1-2 drops on top of cheek bones and around nostrils*



35. Add 1 drop to glass/stainless steel water bottle to ease sour stomach*
36. Rub several drops on bottom of feet to cool body after exercise*
37. Inhale to boost energy before exercising*
38. Diffuse 2-4 drops to increase concentration*
39. Rub 4 drops on stomach before traveling*
40. Add 1 drop to recipes that call for mint

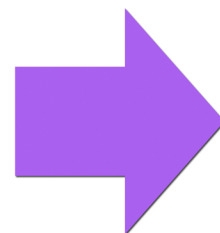


18. Add 1 drop to glass/stainless steel bottled water
19. Use 1-2 drops to remove gum, oil, grease spots, or crayon marks
20. Rub several drops on back of upper calves*
21. Soak dishcloth in bowl of water w/ 2 drops lemon oil
22. Fill bowl w/ cool water & 2-3 drops, add whole fruit, stir, then rinse
23. Add 2-3 drops to water to clean countertops



41. Diffuse 2-4 drops to neutralize stale odors in the air*
42. Place 2 drops on cottonball and place in air vents in home/office/car to freshen the air*
43. Apply 1-2 drops on skin blemishes*
44. Dilute 50/50 and swab nasal cavity during winter months*
45. Dilute 50/50 and rub on the under part of dogs ear*
46. Place 1-2 drops on cottonball and place in sneakers

CITRUS FRESH BONUS



*5 ml Citrus Fresh
Essential Oil Blend
included in all
starter packs*

* These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2014 Lavender Lobby