

Suggestions and Practical Uses

Abscesses, dental	^{Le} Purify, ^{Le} Mela Plus ^{Le} Deliverance	Apply to gum area, may want to dilute.
Abundance	^{Le} Bountiful, ^{Le} Unity ^{Le} Acknowledge	Diffuse; wear as perfume; use in the bath; apply to wrists or temples.
Abuse	^{Le} Angel, ^{Le} Heart Song, ^{Le} Insight	Diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying and essential oil inhaler
Acne/Skin	^{Le} Sego Lily, ^{Le} Baby Me, rosewood	Dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)
Addictions	^{Le} Revitalize, grapefruit	diffuse; carry an essential oil inhaler
ADHD	^{Le} Millenia, ^{Le} Tranquility	dilute and apply ^{Le} Millenia along the spine and/or feet; diffuse ^{Le} Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either on or both
Allergies	^{Le} Aspire ^{Le} Breezey	Inhale; diffuse; wear.
Anorexia	^{Le} Holiday Spirit, ^{Le} Ez-Traveler ^{Le} Sunburst, ^{Le} Purify, ^{Le} Mela Plus, ^{Le} Millenia, ^{Le} Weightless, coriander, grapefruit	Apply to stomach and to the bottom of the feet. Might be advisable to also diffuse or wear any of the oils used for depression, etc.
Anti-inflammatory	^{Le} Warm Down, ^{Le} Deeper, ^{Le} Tenda Care, ^{Le} Paine	Dilute and apply to affected muscles or joints
Antiseptic	^{Le} Mela Plus, ^{Le} Purify ^{Le} Sunburst, ^{Le} Deliverance	All essential oils are antiseptic to some degree. This is just a list of my favorites.
Arthritis	^{Le} Vitality, ^{Le} Warm Down, ^{Le} Unity ^{Le} Paine, (w/ ^{Le} Millenia), ^{Le} Deeper, ^{Le} Mela Plus, ^{Le} Tranquility	Apply (usually diluted) on location; diffuse; use in a bath.
Asthma	^{Le} Breezey, ^{Le} Aspire, peppermint, cedarwood, eucalyptus, thyme lavender (for babies)	Apply over lungs (front & back) & throat; diffuse Put on cotton ball or cloth, inhale. (Many other singles are listed as helpful) place on pad of foot (not inhaled during attack)
Athletes' foot	^{Le} Deliverance, ^{Le} Sunburst, ^{Le} Mela Plus, ^{Le} No-More, cypress, tea tree, thyme	Apply to feet (May want to dilute with distilled water)
Babies (in general)	^{Le} Baby Me; Dill-gentle digestive, Roman chamomile for sleep, calm; lavender - calming (too much is stimulanting)	For babies, always dilute essential oils well

Back Pain & Trouble	LeMillenia LePaine LeWarm Down	Dilute and massage along the spine
Belching, Bloating	LeInside-Out LeEz-Traveler LeRevitalize	Dilute and massage over stomach and abdomen
Bites, Stings	LeMela Plus, LePurify tea tree	Apply 1 drop, undiluted, to the area
Bladder Bed-wetting Infection (Cystitis)	LeEndo Reliel, LeMeditation, LeBeloved, cypress, cedarwood,	Apply over kidneys, best as a hot compress Rub on abdomen at bedtime Apply over kidneys, as a hot compress
Blisters	lavender or lavender/chamomile	Apply 1 drop, blot gently with a clean cloth
Blood Pressure	LeBenediction, LeVitality, LeEz-Traveler, marjoram, lavender, ylang ylang	Apply over the heart; diffuse; cotton ball in vents; in a relaxing bath
Bone Spurs	LeAspire, LePaine, LeDeeper birch/wintergreen	If possible, use arnica oil as a carrier and ap- ply these oils topically. Arnica deals with the bruising, which is what is causing most of the pain. It takes a little time, but this has been known to dissolve spurs
Bronchitis	LeBountiful, LeLife Force, LeDeeper, LeBreezey, LeAspire, LeDeliverance, LeMariah, thyme, eucalyptus, peppermint	Dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow
Bruises	LePaine, LeMela Plus LeTenda Care, LeMillenia, LeDeliverance	Best if applied in a base such as Arnica oil
Burns	lavender, helichrysum	Nothing beats Lavender applied to a burn - except the healing salve that I make with extra helichrysum and lavender added
Bursitis	LeWarm Down LePaine, LeMillenia LeTenda Care	Dilute and apply to the shoulder area
Candida	LeCandila, LeInside-Out, LeEndo Relief, LeMela Plus	Dilute with massage oil, apply on stomach area, feet or over abdomen; can also be di- luted (well) and used as a douche
Canker/Cold Sores	LeDeliverance	Rinse mouth with water in which 2 drops of oil has been added
Capillaries	LeVitality, LeSolitude, LeVisibility lavender/German cham	Dilute w/carrier and apply topically to area As a compress or in a bath

Cardiovascular health	LeVitality, LeEternity	Dilute and apply to chest; inhale; diffuse
Cavities (teeth)	LeDeliverance, LeMillenia, spearming	Use to brush teeth (add a drop to toothpaste on your toothbrush if straight is too strong for you)
Charley Horse	LeWarm Down, LeTenda Care	Dilute and apply to the area
Circulation	LeVitality, LeEnergy, LePaine, LeSunburst, LeTranquility, LeVisibility	Diffuse; use in a bath; massage; compress over specific area
Cleaner, household	LeSunburst sweet orange	Diluted makes a great disinfectant Can be applied neat to most surfaces (check an out of the way spot) works amazingly well on grease
Colds	LeJourney, LeBreezey LeAspire, LeDeliverance, LeEndo Relief	Diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck & chest; One recommendation: LeBreezey on the back, LeAspire on the chest, with LeDeliverance on the feet - all diluted well, of course.
Colon	LeInside-Out, LeLetting Go, peppermint	Dilute and apply to abdomen or use as a compress
Concentration	LeWake-Up, LeCrystal Clear, LeIQ	Inhale: diffuse; apply to wrists or forehead
Cuts	LeMela Plus yarrow helichrysum	Dilute LeMela Plus in water; it is very strong Apply yarrow neat, bind; brings edges of cut together; helichrysum promotes tissue regeneration
Dandruff	LeDandy	Add a few drops to your normal shampoo
Dental Infection	LeDeliverance	Apply to jaw and gums - diluted; place 2 drops in water and swish around the mouth
Depression	LeBeloved, LeBelieve, LeHeart Song, LeTranquility, LeAcknowledge, LeBaby Me, LeUnity, LeMeditation, LeTurmoil, LeLetting Go, LeSego Lilly, LeGrateful Heart, bergamot, ylang ylang, rose, geranium, lavender, Roman chamomile, lemon, jasmine, rose, neroli,	Diffuse, wear as perfume; Apply to heart chakra; use in the bath.; carry and essential oil inhaler wherever you go

Diabetes	^{Le} Deliverance coriander dill	coriander lowers glucose/insulin levels; dill supports pancreas and control glucose levels in the blood; ^{Le} Deliverance and ^{Le} Endo Relief support immune function; eliminates bacteria Diffuse; apply to back, chest, feet, over pancreas; consider carrying essential oil inhaler with you
Diaper Rash	^{Le} Baby Me lavender w/yarrow	Dilute with Carrier Oil and massage on the rash with each diaper change
Digestion	^{Le} Inside-Out, ^{Le} Revitalize ^{Le} Ez-Traveler, peppermint	Dilute and apply to stomach and colon area Apply along the spine or on the bottoms of the feet
Dish washing	^{Le} Sunburst	Add a few drops to dishwasher or dish water
Disinfect/ Deodorize	^{Le} Purify, ^{Le} Sunburst balsam, cedarwood	In vacuum cleaner; diffuse; added to water and mist; use diluted or, as a cleaning solution
Eating Disorders	^{Le} Purify, ^{Le} Weightless, grapefruit	The aroma seems to be the key, so diffuse or any other way to get it over the olfactory bulb
Emotional Imbalances	^{Le} Faith, ^{Le} Angel, ^{Le} Beloved, ^{Le} Trust, ^{Le} Heart Song, ^{Le} Unity, ^{Le} Insight, ^{Le} Beloved, ^{Le} Turmoil, ^{Le} Acknowledge, ^{Le} Meditation, ^{Le} Tranquility, ^{Le} Tomorrow, ^{Le} Magi, ^{Le} Believe, ^{Le} Grateful Heart, ^{Le} Sanctuary, ^{Le} Wisdom, lavender, lemon, rose, cedarwood, sweet orange, mandarin, sandalwood	Diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler
Endocrine Balance	^{Le} Endo Relief	Diffuse; use as aroma therapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)
Environmental toxins	^{Le} Life Force	Dilute and apply to the feet or along the spine
Fainting (see shock)	^{Le} IQ, ^{Le} Crystal Clear, ^{Le} Turmoil, black pepper, peppermint, rosemary, lavender	Hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet

Fatigue	^{Le} Vitality ^{Le} Wake-Up ^{Le} Warm Down peppermint, rose	Diffuse or smell frequently High frequency; helps with ‘energy’ fatigue ½ drops in bath; dilute for massage Especially for tired muscles
Fever	^{Le} Life Force lavender (babies)	Dilute and apply to spine Dilute, apply to back of neck and the feet
Flu	^{Le} Life Force, ^{Le} Aspire, ^{Le} Breezey, ^{Le} Ez-Traveler ^{Le} Journey, ^{Le} Endo Relief	Apply to thymus area, chest, back, feet and wherever the flu as settled creating aches and pains
Gallstones	^{Le} Trust, ^{Le} Revitalize, ^{Le} Letting Go, ^{Le} Vision	Apply the listed oils as a compress over the gallbladder area; apply on the feet
Gingivitis/Gums	^{Le} Trust, ^{Le} Unity, ^{Le} Mela Plus, ^{Le} Deliverance	Apply on throat and gums; dilute in water and swish around the mouth
Hair, color	Roman chamomile, For blonde hair Rosemary for brunettes	2 or 3 drops added to clear water, shampoo or conditioner and massaged into hair 1 or 2 times a week.
Hair, health	^{Le} Delicate, ^{Le} Eternity	2 or 3 drops added to clear water, shampoo or conditioner and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/jojoba oil carrier and then a warm towel placed around the head - just like a salon hot oil treatment, only much better.
Headaches	^{Le} Vitality, ^{Le} Warm Down, ^{Le} Crystal Clear ^{Le} Baby Me, ^{Le} Woman Wise, ^{Le} Deeper ^{Le} Balance, ^{Le} My-graine, ^{Le} Beloved, ^{Le} Ez-Traveler, ^{Le} Millenia	There are as many different kinds of headaches as there are people (most people even have more than one kind of headache) Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler
Heart, palpitations	^{Le} Vitality, ^{Le} Believe, ^{Le} Beloved, ^{Le} Benediction	Apply, diluted, to chest; aroma; place on temples
Heartburn	^{Le} Inside-Out ^{Le} Baby Me, Peppermint	Apply over stomach and colon, Apply over Thymus
Hemorrhoids	^{Le} Cypernium, ^{Le} Vitality, ^{Le} Visibility	Dilute well in Carrier Oil or KY Jelly, apply (with a Q-tip, if necessary) to the affected area
Hernia (Inguinal, hiatal)	^{Le} With-In, ^{Le} Millenia	Dilute and apply to the area

Hives/allergic rashes	^{Le} Baby Me, Peppermint German chamomile, yarrow may be added	Dilute in Carrier Oil, massage over area 4 drops in 1/4 cup of baking soda in the bath
Hormone balance	^{Le} Balance, ^{Le} Acknowledge, ^{Le} Vitality, ^{Le} Crystal Clear, ^{Le} Woman Wise, ^{Le} Endo Relief, ^{Le} My-graine, ^{Le} Deeper	Apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse
Hot flashes	^{Le} Endo Relief ^{Le} Balance	Apply these oils, diluted, around the bone on the inside of the ankles
Hyperactivity	^{Le} Sunburst, ^{Le} Tranquility, ^{Le} Turmoil, ^{Le} Millenia	Apply to the feet; diffuse; wear anywhere on the body
Hypoglycemia	^{Le} Baby Me, ^{Le} Grateful Heart, ^{Le} Deliverance, coriander, dill	Apply over pancreas area on body or feet; diffuse
Immune stimulant	^{Le} Deliverance, ^{Le} Bountiful, ^{Le} Journey, ^{Le} Breezey, ^{Le} Revitalize, ^{Le} Life Force,	Massage any one of the listed oils on feet and body; diffuse; use in the bath
Insomnia	^{Le} Believe, ^{Le} Good-Nite, ^{Le} Tranquility ^{Le} Sunburst, ^{Le} Vision	Tranquility is for the ‘chattering mine’ insomnia Apply oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing on placing on the pillow is easier and often just as effective
Jaundice	^{Le} Revitalize, geranium	Applied, or as a compress, over the liver - diluted
Kidneys	^{Le} Vitality (congestion) ^{Le} Endo Relief, ^{Le} Revitalize, ^{Le} Letting Go, ^{Le} Meditation	Apply as a compress over the kidneys; be sure to drink plenty of distilled water
Laundry	^{Le} Sunburst, Anything citrus or the evergreens, any smell you especially like	Add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use. Essential oils destroy bacteria and provide a fresh clean smell
Ligaments, Torn	^{Le} Warm Down, ^{Le} Paine, ^{Le} Tenda Care	Dilute and apply, layered, to the affected areas
Liver Cleanse & support	^{Le} Revitalize, ^{Le} Letting Go ^{Le} Ez-Traveler	Dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet
Lymphatic Congestion	^{Le} Endo Relief, ^{Le} Vitality, ^{Le} Sunburst, ^{Le} Revitalize,	Diffuse; dilute for massage or applying to lymph drainage areas; use in the bath
Memorization	^{Le} Crystal Clear, ^{Le} IQ, ^{Le} Wake-Up	Inhale; apply to wrists and forehead

Menstrual symptoms	LeWoman Wise, LeBeloved	Apply over abdomen & back; in a bath; particularly effective used with a BBL (B&B) tincture - an old Dr. Christopher formula
Mental confusion	LeInsight, LeSunburst, LeFocus, LeIQ, LeWake-Up, LeWeightless	Inhale; diffuse; apply to wrists, forehead and back of the neck
Mental alertness	LeEnergy, LeFocus, LeWake-Up, LeIQ	Inhale; diffuse; apply to wrists, forehead and back of the neck
Metabolism	LeEndo Relief, LeEz-Traveler	Dilute and apply to throat and thymus area; diffuse; inhale; add to bath
Migraine	LeMy-graine, LeBeloved, LeBelieve, LeEz-Traveler Other oils to try: LeWarm Down, LePaine, LeTranquility, LeMillenia, LeDeeper, LeLetting Go LeDeliverance	Apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; smell - carry a cotton ball, soaked with Migraine, in purse or pocket; Try Deliverance for headaches
Mold/Mildew	LeDeliverance LeSunburst	Place a few drops in a squirt bottle, spray into the air or directly onto walls, window-sills, any place mold grows in your house
Mononucleosis	LeEndo Relief, LeRevitalize, LeMillenia, LeDeliverance, clary sage	Use in tub; dilute and apply to bottoms of feet; soak feet; carry and essential inhaler
Morning Sickness	LeInside-Out, LeEz-Traveler sweet orange, grapefruit	Behind ears for morning sickness Smell.
Motion Sickness	LeEz-Traveler LeInside-Out, LeMy-graine peppermint	Apply to feet, temples and wrists; Place on palms of hands, hold to nose and breathe deeply
Muscle Spasms	LePaine, LeTenda Care LeWarm Down	Dilute with carrier oil and massage the affected areas
Nausea	vLeEz-Traveler LeInside-Out, LeMy-graine, peppermint, sweet orange	Apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc) and sniff frequently
Nightmares	LeDreams, LeBelieve, LeGood-Nite	Diffuse; place a drop or two on the pillow;
Osteoporosis	LeWarm Down, LeBelieve, LeDeeper, LePaine, LeEternity, Le Tranquility.	Dilute for massage; use in a bath Supplement Tri Boron or other quality calcium; Wild yam cream or other natural progesterone
Overwhelmed	LeAcknowledge, LeBeloved LeWhispering Hope, LeConnection, LeMillenia	Diffuse; wear as perfume; use in a bath; use on Auricular Therapy points

Panic Attacks	^{Le} Tranquility	Inhale; diffuse; wear as perfume; place over thymus or heart chakra
Pineal & Pituitary Glands	^{Le} Inner Peace, ^{Le} Ez-Traveler	Dilute and place on back of neck
Pleurisy	^{Le} Vitality, ^{Le} Trust, ^{Le} Breezey, ^{Le} Heart Song, ^{Le} Aspire, ^{Le} Mriah, cypress, thyme	Apply diluted over the lungs - front & back; Diffuse or sniff deeply
Pneumonia	^{Le} Breezey, ^{Le} Aspire, ^{Le} Mariah	Inhaled; placed on back and chest
Prostate	^{Le} Balance	Dilute and massage inside of ankle around the bone
Purify Air	^{Le} Purify, ^{Le} Deliverance	Diffuse; add to water and mist into the air
Purify Water	^{Le} Sunburst, lime, grapefruit	Add 1 drop per gallon
Rashes	^{Le} Baby Me	Depending on the type of rash, dilute with either distilled water or a carrier oil
Respiratory ailments	^{Le} Breezey, ^{Le} Aspire ^{Le} Sanctuary, ^{Le} Holiday Spirit	Inhale; diffuse; dilute and apply to lung area on both the back and the chest
Sanitize	^{Le} Sunburst, ^{Le} Deliverance	dilute with water and use everywhere
Sciatica	^{Le} Paine, ^{Le} Vitality, ^{Le} Baby Me, ^{Le} My-graine, ^{Le} Paine, ^{Le} Deeper, ^{Le} Millenia, ^{Le} Tenda Care	Dilute one of the listed oils and massage onto the lower back, across the hip and down the side of the leg; can be used in the bath or as a compress
Self-Expression	^{Le} Millenia, ^{Le} Acknowledge, ^{Le} Heart Song,	Diffuse; use in the bath; wear as perfume
Shingles	^{Le} Deeper, ^{Le} Deliverance, ravensara	^{Le} Deeper and ravensara - dilute and use for pain relief and tissue regeneration; use ^{Le} Deliverance to fight the virus
Shock	^{Le} IQ, ^{Le} Believe, ^{Le} Crystal Clear, ^{Le} Turmoil, Basil, Lavender, Black pepper, Peppermint, Rosemary	Hold one of the listed oils under the nose like smelling salts
Sinus	^{Le} Breezey, ^{Le} Aspire	Inhale; diffuse; dilute and apply to Sinus areas on the face or on the feet
Snoring	^{Le} Breezey, ^{Le} Good-Nite, ^{Le} Aspire	Place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are used alternately, changing every few nights
Sprains, Sports injuries	^{Le} Warm Down, ^{Le} Pain, ^{Le} Tenda Care, , ^{Le} Deeper ^{Le} Millenia (if any structure is out of place)	Dilute in carrier oil and apply to the affected area. The carrier oil should contain Arnica if there is any swelling

Stains	Lemon (pure, uncut with carrier)	Place a little on the stain, rub it in and then launder.
Stamina	^{Le} Ez-Traveler ^{Le} Revitalize, ^{Le} Vitality	Inhale; diffuse; dilute & apply to Thymus area; use 1 - 2 drops in the bath (no more)
Stress	^{Le} Believe, ^{Le} Benediction, ^{Le} Faith, ^{Le} Heart Song, ^{Le} Inner Peace, ^{Le} Letting Go, ^{Le} Meditation, ^{Le} Sanctuary, ^{Le} Sego Lily, ^{Le} Tomorrow, ^{Le} Tranquility, ^{Le} Unity, ^{Le} Weightless, ^{Le} Wisdom, ^{Le} Whispering Hope	
Stretch Marks	^{Le} Baby Me	Add to carrier oil (or open a Vitamin E capsule - very effective) and apply all over abdomen and hip area.
Strok	^{Le} Vitality	Breathe deeply ; apply to neck and forehead.
Structural Alignment	^{Le} Millenia, ^{Le} Warm Down	Apply to the area or to the feet (to save time and effort - and also the alignment seems to remain in place longer)
Sunburn	see 'burns'	
Thrush	see 'candida'	dilute extra well if working with babies or small children
Thyroid	^{Le} Endo Relief (Hyper- or Hypo- types)	Hyper - apply under big toes Hypo - apply on top of big toes
Ticks	Thyme & Lavender; ^{Le} Purify	1 or 2 drops of Thyme backs the tick out; then 1 drop of Lavender every 5 minutes to prevent infection and swelling
Toe nail fungus	^{Le} Deliverance, ^{Le} Mela Plus, ^{Le} no-More	Add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)
Toothache	^{Le} Purify, Clove, spearmint Roman chamomile	Apply on the gums at the location of pain/ problem and along the jawbone
Toxemia	^{Le} Vitality, cypress	Dilute for massage; diffuse; inhale deeply
Varicose veins	^{Le} Vitality, ^{Le} Sunburst ^{Le} Visibility	Dilute for massage or application to area of concern; use in a bath.
Viral Infection	^{Le} Deliverance, ^{Le} Endo Relief, ^{Le} Journey, ^{Le} Life Force, thyme, oregano	dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler
Vitamin absorption	^{Le} Eternity, ^{Le} Ez-Traveler	Inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne
Warts	^{Le} Mela Plus, ^{Le} Deliverance, ^{Le} Purify w/clove	Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful