Chapter Seven - Suggestions and Practical Uses

ABSCESSS, DENTAL
Le Deliverance, Le MelaPlus, Le SpiceC, Le Purify, Spearmint
apply to gum area; may want to dilute

ABUNDANCE
Le Acknowledge, Le Bountiful, Le Grace, Le Unity, Cardamom, Myrrh, Patchouli
diffuse; wear as perfume; use in the bath; apply to wrists or temples

ABUSE PHYSICAL / SEXUAL
Le Angel, Le Grace, Le HeartSong, Le Insight, Le Reconciliation, Rose
diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler

ACCIDENTS
Le Deeper, Le Fortitude, Le Paine, Le Patches, Le Synopsis, Le Turmoil
dilute and apply to the site of the injury; use Arnica Oil as the carrier oil, if available

ACNE / SKIN
Le AgeLess, *Baby Me, *Sego Lily, Cajeput, Chaulmoogra, Geranium, Grapefruit, Laurel, Lemongrass, Litsea Cubeba, Niaouli, Rosewood, Rose
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)

ADDITIONS
Le LivN, Le Revitalize, Grapefruit, Patchouli, Petitgrain
diffuse; carry an essential oil inhaler

ADRENAL GLANDS
dilute well and apply locally or to the feet; dilute particularly well with Le Energy

ADHD
Le Millenia, Le Tranquility, Le Victory
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 one, or both

AFTERSHAVE
Le Everlasting, Le Millenia, Sandalwood
massage Coconut Oil (the more solid variety) onto the face and then add a little bit of essential oil

ALLERGIES
Le Acknowledge, Le Aspire, Le Breezey, Le Exhilaration (applied down the sternum), Le Life Force, Le Sego Lily, Le Unity, Chamomile Roman, Elemi, Eucalyptus (for rashes), Lavender, Melissa, Niaouli, Patchouli
inhale; diffuse; wear

ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES
Le Millenia, Yarrow
dilute and apply locally, but especially along the spine; use in a bath; on feet (little boys like this because no one can smell it at school); Yarrow for spiritual alignment

ALOPECIA (SEE HAIR HEALTH/HAIR LOSS)

ALTITUDE SICKNESS
Le Breezey, Le Exhale, Cypress, Eucalyptus, Lavender, Peppermint

ALZHEIMER’S
Le Acknowledge, Le About Face, Le IQ, Le Magi, Le Meditation, Le Trust, Le Unity, Frankincense, Galbanum, Lemon Verbena, Sandalwood, Spanish Sage
dilute and apply on the back of the neck and on the temples; use in the bath; diffuse throughout the day
ANALGESIC
About Face, Breezey, Fortitude, Intensity, Millenia, MyGraine, Paine, Patches, QuietEssence, TendaCare, Birch, Cassia, Chamomile, Clove, Eucalyptus, Fir, Frankincence, Ginger, Helichrysum, Howood, Laurel, all Mints, Pepper, Rosewood, Rue, Spanish Sage, Spikenard, Spruce, St. John's Wort, Tea Tree, Thyme, Valerian, Wintergreen, Zanthoxylum
Most oils are pain relieving to one degree or another; in fact, this is so pronounced a part of essential oils that the ones that do not relieve inflammation and relieve pain are quite rare.

ANEMIA
Life Force, Revitalize, Carrot Seed, Lavender, Lemon
dilute and apply to the chest and the bottom of the feet

ANOREXIA
EZ Traveler, Holiday Spirit, MelaPlus, Millenia, Purify, Sunburst, Weightless, Anise Myrtle, 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.

ANGER
Angel, Cherish, Expressions, Grace, Inner Peace, Insight, Letting Go, LivN, Reconciliation, Revitalize, Tranquility, Trust, Turmoil, Unity, Wisdom, Bergamot
most of these work well as a perfume; dilute and apply, particularly over the heart area; use 2 or 3 drops to relax in a bath; diffuse into the air

ANTIVIRAL
Autumn, Deliverance, Deliverance Plus, Discernment, Exhale, Mariah, NoMore, SpiceC, Cinnamon, Clove, Lemon Myrtle, Oregano, Garlic (sparingly, less than 1 drop at a time!!)
as a gargle, on your toothbrush, dilute and apply to throat or the bottom of the feet; remember to use these as a preventative, not just when you are sick

ANTI-INFLAMMATORY / ANTISPASMODIC
Cypernium, Deeper, Fortitude, Intensity, Paine, Patches, Synopsis, TendaCare, Vitality, WarmDown, WithIn, Anthopogon, Basil, Birch, Black Pepper, Chamomile German, Chamomile Roman, Chaulmoogra, Coriander, Cypress, Helichrysum, Lavender, Opoponax, Patchouli, Peppermint, Petitgrain, Ravensara, Saro, Spearmint, Spikenard, Spruce, Wintergreen, Violet Leaf
dilute and apply to affected muscles or joints

ANTISEPTIC
All essential oils are antiseptic to one degree or another; some of the most effective are:
Deliverance, Deliverance Plus, Insight, MelaPlus, Purify, Sunburst, Bergamot, Eucalyptus, Juniper Berry, cajuput, Citronella, Melissa, Oregano, Peppermint, Sage, Cedarwood, Hyssop, Lemongrass, Marjoram, Myrrh, Thyme, Tea Tree, Cinnamon, Clove, Garlic, Lavender, Ravensara, Sandalwood
as a gargle, on your toothbrush, dilute and apply to throat or the bottom of the feet; remember to use these as a preventative measure. All essential oils are antiseptic to some degree. This is a list of my favorites.

ANXIETY
a few drops on a cotton ball (in a small plastic bag) carried with you at all times is very good or carry an inhaler such as the ones from Butterfly Express; diffuse, wear on the wrists or as a perfume; in a bath

APHRODISIAC / LIBIDO
Beloved, Expressions, Letting Go, Moonlight, Daffodil, Damiana, Jasmine, Magnolia, Neroli, Rose, Sandalwood, Tonka Bean, Ylang Ylang
diffuse or wear as a perfume
ARThRITI s
apply (usually diluted) on location; diffuse; particularly effective when used in a bath

ASPERGER'S SYNDROME
Le Meditation, Le Millenia, Le Victory, Sandalwood
apply the oils to the back of the neck and the soles of the feet. Use both or all three, but make sure your regiment includes lots of Le Millenia.

ASTHMA
Le Aspire, Le Breezy, Le Everlasting, Le Exhale, Le Mariah, Le Stefanie, Cedarwood, Eucalyptus, Hyssop, Lavender (for babies), Myrtle, Peppermint, Thyme
apply over lungs (front and back) and 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)

ATHLETE'S FOOT
Le Deliverance, Le Deliverance Plus (strong Garlic aroma), Le MelaPlus, Le NoMore, Le SpiceC, Le Sunburst, Cypress, Manuka, Myrrh, Patchouli, Tea Tree, Thyme
apply to feet (may want to dilute with distilled water)

AUTO IMMUNE DISORDERS
dilute and apply to the chest area and to the bottom of the feet; diffuse

BABIES (IN GENERAL)
Le Baby Me, Le Julia (gentle digestive), Chamomile Roman (for sleep), Dill, Lavender (calming, too much is stimulating)
for babies, always dilute essential oils well

BACK PAIN & TROUBLE
Le Deeper, Le Fortitude, Le Intensity, Le Millenia, Le Paine, Le Patches, Le QuietEssence, Le TendaCare, Le WarmDown, Helichrysum
dilute and massage along the spine

BAD BREATH
Le Deliverance, Le Refreshment, Le SpiceC, Le TendaCare, Peppermint, Spearmint
place 1-2 drops in water and swish around in the mouth

BELCHING, BLOATING
Le Emerge, Le EZ Traveler, Le InsideOut, Le Julia, Le Revitalize
dilute and massage over stomach and abdomen

BLADDER / BED-WETTING / INFECTION
Le Acknowledge, Le Beloved Le Dreams, Le EndoRelief, Le Meditation, Le Reflections, Cedarwood, Celery Seed, Cypress, Goldenrod
apply over kidneys; best as a hot compress, rub on abdomen at bedtime

BLEEDING (STOPS)
Le Kadence, Le Vitality, cayenne pepper, Cistus, Helichrysum, Myrrh, Rose, Yarrow
apply, undiluted, to the area

BLISTERS
Lavender or Lavender with Chamomile
apply 1 drop, blot gently with a clean cloth
BLOOD CLOTS
apply over the heart; diffuse; in a relaxing bath

BLOOD PRESSURE
apply over the heart; diffuse; cotton ball in vents; in a relaxing bath

BONE SPURS
Le Aspire, Le Deeper, Le Fortitude, Le Intensity, Le Paine, Birch with Wintergreen
If possible, use Arnica Oil as a carrier and apply these oils topically. Arnica deals with the bruising, which is often the source of most of the pain. It takes a little time, but this has been known to dissolve spurs.

BRAIN INJURY (TRAUMA)

BRONCHITIS
dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

BRUISES
best if applied in a base such as Arnica Oil

BURNS
Le Vallee, Carrot Seed, Geranium, Lavender, Helichrysum, Niaouli, Rose
nothing beats Lavender applied to a burn, except the healing salve sold by Butterfly Express LLC, with extra Helichrysum and Lavender added; Le Vallee is for rebuilding of skin and muscle tissue after the wounds have closed

BURSITIS
Le Deeper, Le Fortitude, Le Intensity, Le Millenia, Le Paine, Le Patches, Le TendaCare, Le WarmDown
dilute and apply to the shoulder area

CALCIUM ABSORPTION
Le Emerge, Le Eternity, Le EZ Traveler, Le Kadence, Le WarmDown, Calamus, Damiana
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

CALLUSES
Le MelaPlus, Le Vallee, Carrot Seed, Chamomile Roman, Oregano
dilute with carrier oil and apply frequently to the calloused area

CANDIDA
Le Candila, Le EndoRelief, Le InsideOut, Le MelaPlus, Anise Myrtle, Anthopogon, Bergamot, Kunzea, Manuka, Patchouli
dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche

CANKER / COLD SORES
Le Deliverance, Le Deliverance Plus (strong Garlic aroma), Le Discernment, Le RefreshMint, Le Simplicity, Le SpiceC, Chamomile—all types, Hyssop, Laurel, Manuka, Myrrh, Opopanax, Oregano, Tea Tree
rinse mouth with water in which a drop of oil has been added

CAPILLARIES
Le Cypernium, Le Intensity, Le Millenia, Le Solitude, Le Visibility, Le Vitality, Le WarmDown, Capsicum, Chamomile, German, Lavender, Lemongrass
dilute with carrier oil and apply topically to the area; use as a compress or in a bath
CARDIOVASCULAR HEALTH
LeAboutFace, leAutumn, leCinnamonBear, leEternity, leGrace, leKadence, leKey to My Heart, leVitality,
leQuietEssence, Goldenrod, Violet Leaf
dilute and apply to chest; inhale; diffuse

CARTILAGE
Fir Sibirica (relieves pain), Sandalwood (regenerates)
dilute and apply to the area

CAVITIES / TEETH
leDeliverance, leMillenia, leSpiceC, Eucalyptus, Hinoki, Peppermint, Spearmint
use to brush teeth or add a drop to toothpaste on your toothbrush

CELLULITE
leLiteN, leSego Lily, leWeightless, Coffee, Grapefruit, Juniper Berry, Lemon, Lemongrass, Orange Bitter, Rosemary, Spearmint
dilute and apply topically; 2 or 3 drops added to the tub

CHARLEY HORSE
lePatches, leTendaCare, leWarmDown
dilute and apply to the area

CHOLESTEROL
leTendaCare, leRevitalize, Ginger, Helichrysum
dilute and apply to the bottom of the feet

CHRONIC FATIGUE
leCinnamonBear, leDeliverance, leDeliverance Plus (to kill Epstein Barr virus), leEternity, leEverlasting, leKindred Spirit, leInner Peace, leIQ, leRevitalize
these oils should be diluted and applied to the chest and the feet. leEternity and leEverlasting are for the absorption of nutrients leRevitalize and leIQ will help with energy, leInner Peace for emotional strength and balance; all of the oils will be of benefit if diffused

CIRCULATION
leAboutFace, leAgeLess, leAutumn, leDeeper, leEnergy, leExhale, leHeartSong, leIntensity, leKey to My Heart, lePaine, lePatches, leSunburst, leTranquility, leVisibility, leVitality, Bay, Capsicum, Copaiba Balsam, Geranium, Lemongrass, Pine, Violet Leaf
diffuse; use in a bath; massage; compress over specific area

CLEANERS, HOUSEHOLD
leSunburst, Orange Sweet
diluted makes a great disinfectant; can be applied undiluted to most surfaces (check on a small area first); works amazingly well on grease

Colds
leAspire, leBreezy, leDeliverance, leDeliverance Plus, leEndoRelief, leExhale, leJourney, leMariah, leSeasons, leSimplicity, leSpiceC, leStefanie, Basil, Melissa, Oregano
diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck, and chest; one recommendation would be to use leAspire on the back, leBreezy on the chest, with leDeliverance on the feet, all diluted well, of course

COLIC
leEmerge, leInsideOut, leJulia, Anethi, Bergamot, Black Pepper, Cardamom, Carrot Seed, Chamomile German, Chamomile Roman, Coriander, Dill, Fennel, Ginger, Marjoram, Melissa, Orange Sweet, Peppermint, Spearmint
dilute and apply to abdominal area

COLON
leEmerge, leInsideOut, leJulia, leLetting Go, leSynopsis, Peppermint
dilute leInsideOut or Peppermint and apply to abdomen or use them as a compress; leLetting Go can also be diffused or sniffed
COMPLEXION
Le AboutFace, Le AgeLess, Le Baby Me, Bergamot, Jasmine, Magnolia, Myrrh, Opoponax, Tangerine for dull complexion, Orange Sweet for oily skin and general use
dilute with a very light carrier oil or with distilled water and apply to the face, neck, and abdominal area

CONCENTRATION
Le Crystal Clear, Le Focus, Le IQ, Le Kadence, Le WakeUp, Cardamom, Coffee, Frankincense, Lemon Myrtle, Lemon Verbena, Niaouli, Rosemary
inhale, or diffuse; apply to wrists or forehead

CONCUSSION
Le AboutFace, Le Turmoil, Cypress
apply to the back of the neck and to the feet on the underside of the big toe (the narrow, bony part, not the fleshy pad)

CONFUSION
often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottom of the feet

CONSTIPATION
Le Emerge, Le InsideOut, Carrot Seed, Turmeric, Mandarin, Patchouli
dilute and massage over the abdomen

COUGHS
Le Aspire, Le Breezy, Le Emerge, Exhale, Le Holiday Spirit, Le Mariah, Cedarwood, Manuka, Opoponax
dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale

CRADLE CAP
Le Delicate
dilute and massage into the baby’s scalp with a very soft brush, leaving it on for a few minutes, then gently shampoo—repeat as often as necessary

CROHN’S DISEASE
Le Emerge, Le InsideOut, Le Life Force, Basil
dilute and apply to the abdominal area

CUTS, BLEEDING
Le MelaPlus, Helichrysum, Neroli, Yarrow
dilute Le MelaPlus in water, it is very strong; apply Yarrow undiluted then bind the wound, brings edges of cut together; Helichrysum promotes tissue regeneration

CUTS, INFECTED
Le Deliverance, Le Deliverance Plus, Le MelaPlus, Lavender, Niaouli
apply diluted, usually with water

CYSTITIS / BLADDER INFECTION
Le Acknowledge, Le Reflections, Le Synopsis, Le Whispering Hope, Basil, Cajeput, Cedarwood, Chamomile German, Eucalyptus, Fennel, Frankincense, Goldenrod, Hyssop, Juniper Berry, Pine, Rosewood, Sage, Sandalwood, Thyme
dilute and use for an abdominal massage or add a drop or two of the oil of your choice to a bath

CYSTS
Le Balance, Le Beloved, Le Woman Wise
dilute and apply frequently to the abdominal area and to the insides of the ankles

DANDRUFF
Le Delicate, Laurel, Lavender, Sage
add a few drops to your normal shampoo

DEBILITY
dilute and apply to the chest or to the bottom of the feet
DEHYDRATION
Le Ambition, Le Autumn, Le Benediction, Le EndoRelief, Le Intensity, Le Life Force, Le Vitality
diffuse, use in the bath, dilute and apply to the chest or to the bottom of the feet

DENTAL INFECTION
Le Deliverance, Le RefreshMint, Le SpiceC, Le TendaCare, Myrrh, Sage, Spearmint
apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth

DEODORANT
Le Benediction, Le Dreams, Le EndoRelief, Le HeartSong, Le Letting Go, Le Tranquility, Le Unity, Le WarmDown
dilute with carrier oil and apply to the underarms

DEPRESSION
diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go

DETOXIFICATION
diffuse; apply to the body—the bottom of the feet would be particularly effective; add to a foot soak or to a bath (clay added to the soak or the bath along with the oils would aid the detox)

DIABETES
Le Deliverance, Le Deliverance Plus, Le Emerge, Le EndoRelief, Anethi, Coriander, Dill, Eucalyptus
Coriander is said to lower glucose/insulin levels; Dill supports the pancreas and controls glucose levels in the blood;
Le Deliverance and Le EndoRelief support immune and endocrine system function and eliminates bacteria; the oils may be diffused, applied to the back, chest, feet, or over the pancreas; consider carrying an essential oil inhaler with you

DIAPER RASH
Le Baby Me, Lavender with Yarrow
dilute with carrier oil and massage on the rash with each diaper change (Calendula Oil or Miracle Salve make excellent carrier oils for any type of rash)

DIARRHEA
Le Emerge, Le InsideOut, Cardamom, Carrot Seed, Ginger, Mandarin, Orange Bitter
dilute and apply to the abdomen; there are homeopathic remedies that are effective

DIGESTION
Le Ambition, Le Balance, Le Emerge, Le EZ Traveler, Le Grace, Le InsideOut, Le Julia, Le LiteN, Le QuietEssence, Le Revitalize,
Le Safeguard, Le Synopsis, Basil, Caraway, Carrot Seed, Celery Seed, Litsea Cubeba, Peppermint, Saro
dilute and apply to stomach and colon area; apply along spine or on the bottom of the feet

DISH WASHING
Le Sunburst, Le Purify
add a few drops to dishwasher or dish water

DISINFECT / DEODORIZE
Le Autumn, Le Purify, Le Sunburst, Le Synopsis, Cedarwood, Copaiba Balsam
in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution

DIURETIC
Le Balance, Le Millenia, Le Reflections, Daffodil, Fir Douglas, Goldenrod
dilute with carrier oil and apply to the abdomen

DIZZINESS
Le EZ Traveler, Le Kadence, Le Quiet Essence, Melissa, Melissa Blend
massage diluted oil behind the ear on the hard, bony area (temporal bone)
DYSLEXIA
Millenia, Victory, Frankincense Carterii
apply oils to the soles of the feet at least night and morning; can also be applied on the back of the neck

EARACHE
EndoRelief, Life Force, MelaPlus, Millenia, Basil, Garlic, Tonka Bean
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. MelaPlus, EndoRelief, or Life Force for infection and Millenia for inflammation or any disturbance of structure in the ear canal or inner ear. BBL, a tincture sold at Butterfly Express, will help with pain and inflammation—a must have!

Garlic must be diluted very well!!! 1 drop of Garlic oil is enough for at least 5 ml of carrier oil. You can dip a toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It is strong enough to cause serious burns undiluted.

EATING DISORDERS
LiteN, Purify, Weightless, Grapefruit, Juniper Berry
the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb

ECOLI
Deliverance, Deliverance Plus, Emerge, InsideOut, Julia, Cinnamon, Kunzea, Lavender

ECZEMA
AgeLess, Baby Me, Sego Lily, Solitude, Carrot Seed, Chaulmoogra, Juniper Berry, Lavender, Myrrh, Patchouli
dilute with distilled or spring water and apply to the affected areas

EMOTIONAL IMBALANCES/BLOCKAGES
Acknowledge, Angel, Believe, Beloved, Cherish, Faith, Grace, Grateful Heart, HeartSong, Insight, Magi, Meditation, Reconciliation, Sanctuary, Tomorrow, Tranquility, Trust, Turmoil, Unity, Wisdom, Cedarwood, Kunzea, Lavender, Lemon, Magnolia, Mandarin, Nerolina, Orange Sweet, Rose, 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
Balance, Emerge, EndoRelief, Woman Wise
diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)

ENDOMETRIOSIS
HeartSong, EndoRelief, Whispering Hope, Clary Sage, Cypress, Geranium, Rose, Yarrow
dilute and apply over affected area, use in bath

ENERGY, IMPROVEMENT OF
Ambition, Autumn, Bountiful, Energy, LivN, Revitalize, WakeUp
dilute and apply to bottom of feet

ENERGY, PROTECTION
Angel, Benediction, HeartSong, Patches
apply to shoulders and wrists

ENVIRONMENTAL TOXINS
Emerge, Life Force, LivN
dilute and apply to the feet or along the spine

EXPECTORANT
Deliverance, Deliverance Plus, SpiceC, Angelica, Benzoin, Ravensara
dilute and apply to throat and chest areas
EYES
Millenia, Carrot Seed, Cypress, Frankincense, Lemongrass
dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled

FAINTING (SEE SHOCK)
Crystal Clear, IQ, Kadence, Turmoil, Black Pepper, Lavender, Peppermint, Rosemary
hold one of the listed oils under the nose; dilute and apply to the bottom of the feet

FAINTING (SEE SHOCK)

FATIGUE
Ambition, Autumn, Kadence, LivN, Revitalize, Vitality, WakeUp, WarmDown, Wisdom, Coffee, Peppermint, Rose
Diffuse Vitality or smell frequently. Vitality and Rose are high frequency oils which help with “energy” fatigue.
Use 1 or 2 drops of WarmDown in the bath; dilute for massage, especially for tired muscles. Peppermint’s aroma is very stimulating; dilute for massage.

FATIGUE

FATIGUE

FATTY LIVER
Emerge, LivN, Ledum
dilute and apply over the upper right side of the abdomen and on the right foot; LivN is most often a better choice than Ledum alone but please see “Ledum” in the single section for an explanation of this serious and quite common condition.

FATTY LIVER

FEVER
Life Force, ThermaCare, Transition, Eucalyptus, Lavender (babies), Lemon Verbena, Yarrow Yellow
dilute Life Force and apply to spine; Lavender and ThermaCare dilute, apply to back of neck and the feet

FEVER

FIBROIDS
Balance, EndoRelief, Journey, Woman Wise, Clary Sage, Yarrow
dilute and apply over affected area

FIBROIDS

FIBROMYALGIA
Deeper, Fortitude, Intensity, Life Force, Paine, Patches, QuietEssence, Birch, Wintergreen
should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

FIBROMYALGIA

FLATULENCE
Emerge, Grace, InsideOut, Julia, Synopsis, Anethi, Angelica, Anise, Benzoin, Bergamot, Cardamom, Carrot Seed, Chamomile Roman, Coriander, Cumin, Fennel, Ginger, Hyssop, Lavender, Nutmeg, Orange Bitter, Peppermint, Rosemary, Tarragon
dilute and apply to the abdomen

FLATULENCE

FLU
Aspire, Breezy, Deliverance, Deliverance Plus, EndoRelief, Exhale, EZ Traveler, InsideOut, Journey, Life Force, Mariah, Seasons, Stefanie, Synopsis, Revitalize, ThermaCare, Eucalyptus, Melissa
apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should also apply InsideOut, diluted, to the abdomen

FLU

FOOD POISONING
InsideOut (homeopathic - Arsenicum album)
dilute and apply to the abdominal area; it would be very helpful to use the homeopathic, Arsenicum album, in addition to the essential oil

FOOD POISONING

GALLBLADDER / GALLSTONES
Emerge, Letting Go, Revitalize, Synopsis, Trust, Vision, Grapefruit, Lemon, Lime, Rose Geranium
apply the listed oils as a compress over the gallbladder area; apply on the feet

GALLBLADDER / GALLSTONES

GANGRENE
Patches, Melissa, Patchouli
Nearly all essential oils are antiseptic but gangrene is very nasty. It must be hit hard with the best available. I would also add RC tincture by mouth to keep the infection out of the blood. Putting the essential oils into a strong herbal tea and soaking the body part often is required.

GANGRENE
GAS
Emerge, Grace, InsideOut, Julia, Synopsis, Anethi, Angelica, Anise, Benzoin, Bergamot, Cardamom, Carrot Seed, Chamomile Roman, Coriander, Cumin, Fennel, Ginger, Hyssop, Lavender, Nutmeg, Peppermint, Rosemary, Tarragon
Dilute and apply to the abdomen

GERD - ACID REFLUX DISEASE (SEE HEARTBURN)
InsideOut, Julia, Revitalize, Synopsis, Peppermint, Fenugreek, Cardamom
Apply oils, diluted over stomach and colon, being sure to go high up over the tip of the sternum

GINGIVITIS / GUMS
Deliverance, MelaPlus, RefreshMint, SpiceC, TendaCare, Trust, Unity, Spearmint
Apply on throat and gums; dilute in water and swish around the mouth

GOUT
Emerge, Deeper, Meditation, Paine, Reflections, Revitalize, Vitality, Lemon, Anthopogon, Birch, Celery Seed, Goldenrod, Hyssop
Dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub

GRATITUDE
Bountiful, Cherish, Grace, Grateful Heart, Reconciliation
Diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil

GROWING PAINS
Eternity, Everlasting, Intention, Kadence, Hyssop, Nutmeg, Tarragon
For uptake of nutrition; dilute and apply to sternum and feet
Breezy, Deeper, Fortitude, Intensity, Paine, TendaCare, WarmDown
For pain relief; dilute and apply topically

GRIEF
Cherish, Faith, Grace, HeartSong, Sego Lily, Whispering Hope, Orange Sweet
Diffuse, especially at bedtime; wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists

GUT-BRAIN CONNECTION
AboutFace, EZ Traveler, Grace, Intention, InsideOut, Julia, Letting Go, LiteN, QuietEssence, Revitalize, Synopsis, Orange Sweet
Diffuse, apply to abdomen, back of neck, temples

HAIR, COLOR
Chamomile Roman for blonde hair, Rosemary for brunettes
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and then massaged into hair 1 or 2 times a week

HAIR HEALTH / HAIR LOSS
Delicate, Eternity, Chamomile Roman, Lavender, Rosemary
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and massaged into the scalp 1 or 2 times a week. Can be added to an Almond Oil/Jojoba Oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better.

HAND, FOOT AND MOUTH DISEASE
BabyMe, CinnamonBear, Deliverance, Life Force, Simplicity, SpiceC, ThermaCare, Lavender, Lemon, Niaouli, Tea Tree
dilate and apply to affected areas, some work very well in the bath

HEADACHES
Angel, Baby Me, Balance, Beloved, Benediction, Crystal Clear, Deeper, EZ Traveler, Millenia, MyGraine, Patches, Vitality, WarmDown, Woman Wise, Bay, Calamus, Marjoram, Peppermint, Rosemary, Rosewood
There are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Possible causes and contributors might include circulation issues, structural misalignment, hormone imbalances, and allergies. 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 MUSCLE
Le Grace, Le Kadence, Le Key to My Heart, Le Mariah, Le Vitality
dilute and apply to the chest

HEART, PALPITATIONS
Le Believe, Le Beloved, Le Benediction, Le Grace, Le Kadence, Le Key to My Heart, Le Vitality, Lemon Verbena, Marjoram, Neroli, Orange Sweet, Petitgrain, Violet Leaf
apply, diluted, to chest; aroma; place on temples

HEARTBURN
Le Baby Me, Le Emerge, Emerge, Le InsideOut, Le Julia, Le Revitalize, Peppermint
Le InsideOut and Peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; Le Baby Me should be diluted and applied on chest over the thymus

HEMATOMA
Le Deeper, Le Fortitude, Le Intensity, Le Millenia, Cypress, Helichrysum, Lemongrass
dilute and apply to the affected areas

HEMORRHOIDS
Le Cypernium, Le Visibility, Le Vitality, Geranium
dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas

HERNIA
Le Millenia, Le Within
dilute and apply to the area

HERPES VIRUS
Le Deliverance, Le Simplicity, Arborvitae, Melissa, Rosalina
dilute and apply along the jaw line, along the spine and on the feet

HIVES / ALLERGIC RASHES
Le Baby Me, Le MelaPlus, Le Sego Lily, Chamomile German, Peppermint, Yarrow
dilute in carrier oil, massage over area; 4 drops in 1/4 cup of baking soda in the bath

HORMONE BALANCE
Le Acknowledge, Le Balance, Le Cherish, Le Crystal Clear, Le Deeper, Le EndoRelief, Le Expressions, Le Intention, Le Synopsis,
Le Unity (uptake of nutrients), Le Vitality, Le Woman Wise, Anise Myrtle, Damiana, Jasmine, Melissa (sterility in women), Patchouli, Petitgrain
apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse

HOT FLASHES
Le Balance, Le EndoRelief, Anise Myrtle, Yarrow Green
apply these oils, diluted, around the bone on the inside of the ankles

HYPERACTIVITY
Le Millenia, Le Sunburst, Le Tranquility, Le Turmoil, Le Victory
apply to the feet; diffuse; wear anywhere on the body

HYPOGLYCEMIA
Le Baby Me, Le Deliverance, Le Emerge, Le EndoRelief, Le Grateful Heart, Le WakeUp, Anethi, Coriander, Dill, Eucalyptus, Geranium Zdravetz
apply over pancreas area on body or feet; diffuse

INFLUENZA (SEE FLU)

IMMUNE STIMULANT
massage any one of the listed oils on feet and body; diffuse; use in the bath
IMPETIGO
Baby Me, Sego Lily, MelaPlus, UnDone, Lemon Scented Tea Tree, Tea Tree
Consider diluting the essential oils in water, rather than a carrier oil. Apply with a cotton ball, using a fresh ball frequently. Sometimes the carrier oil “feeds” the organisms responsible—using water prevents that. Fresh cotton balls prevent spreading.

IMPOTENCE
Vitality, Cedarwood, Clove, Cinnamon, Ginger, Nerolina, Nutmeg, Sandalwood, Ylang Ylang diffuse, apply to feet.

INSECT BITES / STINGS
MelaPlus, Purify, Basil, Coffee, Lavender, Manuka, Mountain Savory, Niaouli, Tea Tree
apply 1 drop, undiluted, to the area.

INSECT REPELLENT
BeGone, Purify, Arborvitae, Citronella, Lemon Eucalyptus, Lemon Scented Tea Tree, Opoponax, Peppermint dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on—do not apply using a carrier oil; avoid contact with the eyes.

INSOMNIA
Believe, Dreams, GoodNite, Julia, QuietEssence, Sanctuary, Solitude, Sunburst, Tranquility, Vision, Basil, Myrtle, Rosalina
Tranquility is for the “chattering mind” type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective.

IRRITABLE BOWEL SYNDROME
Emerge, InsideOut, Julia, Revitalize, Anise, Peppermint dilute and apply to the abdominal area.

JAUNDICE
Emerge, Revitalize, Synopsis, LivN, Geranium, Rose Geranium dilute and apply, or use in a compress, over the liver.

JET LAG
Crystal Clear, Energy, IQ, Millenia, Wisdom, Grapefruit
apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water.

KIDNEYS
Acknowledge, Cherish, Emerge, EndoRelief, Letting Go, Meditation, Reflections, Synopsis, Vitality (congestion), Revitalize, Bergamot, Birch (stones), Daffodil (prevents formation of stones), Goldenrod, Grapefruit, Ledum, Ravensara
apply as a compress over the kidneys; be sure to drink plenty of distilled water.

LAUNDRY
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.

LAXATIVE
Cardamom, Hyssop, Jasmine, Tangerine
apply to the abdomen; inhale.

LEAD POISONING
LivN, Revitalize

LEG CRAMPS (SEE RESTLESS LEG)

LICE
Deliverance, MelaPlus, Tea Tree
apply often to scalp and hair, diluted with distilled water making the mixture as strong as can be tolerated; wash combs and bedding.
LIGAMENTS, TORN
dilute and apply to the affected areas; consider layering one oil on top of another

LIVER CLEANSE & SUPPORT
dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet

LUNG (SEE RESPIRATORY)

LUPUS (AN AUTO-IMMUNE DISORDER)
lupus is an auto-immune disorder—please see that section

LYME DISEASE

LYMPHATIC CONGESTION
diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath

MASSAGE
dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in

MASTITIS
*Deliveryance, *EndoRelief, *SpiceC
dilute and apply to chest and feet

MEMORIZATION
inhale; apply to wrists and forehead

MEMORY LOSS
inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals from whole food sources

MENIERE'S DISEASE
*Millenia, *EndoRelief, Orange Sweet, Grapefruit
place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear

MENOPAUSE
*Balance, *EndoRelief
dilute and apply to chest, abdomen, and feet

MENSTRUAL SYMPTOMS
apply on abdomen and back; in a bath; effective used with a BBL (B&B) tincture, an old Dr. Christopher formula

MENTAL CONFUSION
inhale; diffuse; apply to wrists, forehead and back of the neck
MENTAL ALERTNESS
- Energy, Focus, IQ, LivN, Magi, Meditation, Revitalize, Trust, Unity, WakeUp, Weightless, Zest For Life, Basil, Cardamom, Howood, Peppermint, Violet Leaf
  - Inhale; diffuse; apply to wrists, forehead and back of the neck

MERIDIAN BALANCING (SEE THE CHAPTER ON EASTERN HEALING PHILOSOPHY)

METABOLISM
- Emerge, EndoRelief, EZ Traveler, LiteN, Weightless, Oregano, Pine
  - Dilute and apply to throat and thymus area; diffuse; inhale; add to bath

MIGRAINE
- Angel, Balance, Believe, Beloved, Deeper, Delivery, Deeper, EZ Traveler, Fortitude, Intensity, Letting Go, Millenia, MyGraine, Paine, Tranquility, WarmDown, Birch, Grapefruit, Peppermint, Rosemary
  - 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 MyGraine, in purse or pocket; try Delivery for headaches

MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)

MOLD / MILDEW
- Delivery, Delivery Plus, NoMore, Purify, Sunburst, Manuka
  - Place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house

MONONUCLEOSIS
- Delivery, Delivery Plus, EndoRelief, Millenia, Purify, Revitalize, Transition, Zest For Life, Clary Sage
  - Use in tub; dilute and apply to bottom of feet; soak feet; carry an essential oil inhaler

MORNING SICKNESS
- EZ Traveler, InsideOut, Intention, Grapefruit, Orange Sweet
  - Place a drop or two of oil behind ears; inhale

MOTION SICKNESS
- EZ Traveler, InsideOut, MyGraine, Zest For Life, Peppermint
  - Apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply

MOUTHWASH
- Delivery, RefreshMint, SpiceC, TendaCare, Trust, Wintergreen, Spearmint
  - Dilute and rinse the mouth for a few seconds

MUSCLE RELAXANT
- Breezy, Deeper, Fortitude, Intensity, Paine, Patches, QuietEssence, TendaCare, WarmDown, Cajeput, Capsicum, Peppermint, Opoponax
  - Dilute with carrier oil and massage the affected areas

MUSCLE SPASMS
- Breezy, Deeper, Fortitude, Intensity, Paine, Patches, TendaCare, UnDone, WarmDown, Manuka, Marjoram, Myrrh, Niaouli, Peppermint
  - Dilute with carrier oil and massage the affected areas

MULTIPLE SCLEROSIS
- Crystal Clear, Inner Peace, Magi, Meditation, WarmDown, Frankincense, Peppermint, Sandalwood
  - Dilute and apply to the bottom of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale

NAUSEA AND VOMITING
- Emerge, EZ Traveler, Julia, MyGraine, InsideOut, Zest For Life, Basil, Cardamom, Lavender, Ginger, Orange Sweet, Peppermint
  - Apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc.) and sniff frequently
NERVE PAIN
Deeper, Fortitude, Intensity, Paine, UnDone, Birch, Capsicum
dilute and apply to the affected areas

NERVES / NERVOUS SYSTEM
AboutFace, AgeLess, Assurance, Believe, Cherish, Dreams, Expressions, Faith, HeartSong,
Housewarming, Inner Peace, InsideOut, IQ, Letting Go, QuietEssence, Sanctuary, Synopsis,
Tranquility, Trust, Turmoil, Unity, Cedarwood, Chamomile Roman, Fir Balsam, Frankincense, Geranium,
Howood, Jasmine, Lavender, Marjoram, Orange Sweet, Palmarosa, Petitgrain, Sage, Sandalwood, Spanish Sage,
Spruce, Valerian, Vetiver, Violet Leaf
dilute and apply to the chest, the back of the neck, or on the feet; diffuse

NERVES / PROTECT
Black Pepper, Eucalyptus, Lavender, Lemon Verbena, Peppermint, Rosemary
dilute and apply to the affected areas

NEUROPATHY
Deeper, Fortitude, Intensity, Paine, UnDone, Birch, Capsicum
dilute and apply to the affected areas

NIGHTMARES
Believe, Dreams, GoodNite, Sanctuary
diffuse; place a drop or two on the pillow

NOSEBLEEDS
AboutFace, Cistus, Cypress, Helichrysum, Opoponax
diffuse; inhale, dilute and apply to nose

NURSING
Caraway, Fennel
dilute and apply to the breasts and the feet

OCD - OBSESSIVE COMPULSIVE DISORDER
Acknowledge, Crystal Clear, Everlasting, Faith, Millenia, Sanctuary, Trust, Turmoil, Victory, Violet Leaf
diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest and
the bottom of the feet

ODORS, PURIFYING
Insight, Purify, Sunburst, Lemon Myrtle, Lemon Scented Tea Tree, Lime, Nerolina, Pine
diffuse; dilute in water and spritz into the air using a plant mister

OSTEOPOROSIS
Believe, Deeper, Eternity, Fortitude, Intensity, Kadence, Paine, Tranquility, WarmDown
dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural progesterone

OVERWHELMED
AboutFace, Acknowledge, Beloved, Connection, Grace, Millenia, Whispering Hope
diffuse; wear as perfume; use in a bath; use on accupressure points on the ears

PAIN (SEE ANALGESIC)

PANCREAS
Emerge, EndoRelief, Coriander, Dill
dilute, apply to the chest, abdomen, and feet

PANIC ATTACKS
Beloved, HeartSong, Tranquility, Daffodil, Neroli
inhale; diffuse; wear as perfume; place over thymus or heart chakra
PARASITES

Le InsideOut, ™Revitalize, ™Safeguard, Bergamot, Turmeric
dilute and apply over abdominal area

POLYCYSTIC OVARIAN SYNDROME (PCOS)

Le Balance, ™Believe, ™Beloved, ™EndoRelief, ™Woman Wise, Helichrysum, Rosewood, St. John’s Wort
dilute and apply over abdominal area

PINEAL AND PITUITARY

Le AboutFace, ™EZ Traveler, ™EndoRelief, ™Grace, ™Inner Peace
dilute and apply to back of neck

PLEURISY

Le Aspire, ™Breezy, ™Exhale, ™HeartSong, ™Mariah, ™Trust, ™Vitality, Cypress, Thyme
apply diluted over the lungs—front & back; diffuse or sniff deeply

PMS

Le Balance, ™Deeper, ™Fortitude, ™Intensity, ™QuietEssence, ™Synopsis, ™Woman Wise
dilute and apply to the abdomen and the small of the back

PNEUMONIA

Le Aspire, ™Breezy, ™Exhale, ™Mariah, ™Stefanie, Cajeput, Cedarwood, Hyssop, Manuka, Oregano
inhale; place on back and chest

PTSD POST TRAUMATIC STRESS DISORDER

Le Angel, ™Letting Go, ™QuietEssence, ™Revitalize, ™Wisdom, Sandalwood, Vanilla
dilute and apply to the chest and the feet;

PROSTATE

Le Balance, ™EndoRelief, ™Woman Wise, Basil, Myrtle, Peppermint
diffuse; place anywhere on the body

PROTECTION, ENERGY & PSYCHIC

Le Benediction, ™HeartSong, ™Inner Peace, ™Millenia, ™Sanctuary, ™Unity, Clove, Cypress, Fennel, Fir, Frankincense
wear on the body, particularly over the heart chakra, but also on wrists, etc., if massaging or body working; diffuse; inhale

PURIFY AIR

Le Autumn, ™CinnamonBear, ™Deliverance, ™Housewarming, ™Purify, ™Sunburst, Cedarwood, Eucalyptus
diffuse; add to water and mist into the air

PURIFY WATER

Le Sunburst, Grapefruit, Lime
add 1 drop per gallon

RASHES

Le Baby Me, Carrot Seed, Howood, Lavender, Myrrh, Patchouli, Rosalina, Rosewood
depending on the type of rash, dilute with either distilled water or a carrier oil

REFLUX (SEE GERD, AND HEARTBURN)

RELATIONSHIPS

Le Beloved, ™Expressions, ™Cherish, ™Grace, ™Moonlight, ™Reconciliation, Anthopogon, Jasmine
diffuse; wear as perfume; use in the bath; apply to wrists or temples

RESPIRATORY AILMENTS

Le Aspire, ™Bountiful, ™Breezy, ™Cherish, ™Exhale, ™Holiday Spirit, ™Housewarming, ™Mariah, ™Transition,
™Sanctuary, ™Seasons, ™Stefanie, Anethi, Marjoram, Eucalyptus, Orange Sweet, Oregano, Ravensara
inhale; diffuse; dilute and apply to lung area on both the back and the chest
RESTLESS LEG SYNDROME
Fortitude, Intensity, QuietEssence, Solitude, Visibility
support the thyroid and adrenal glands using EndoRelief and herbal supplements to increase the body’s ability to absorb calcium; increase your intake of good quality calcium

RINGWORM
Deliverance, Deliverance Plus, NoMore, Purify, SpiceC, Geranium, Manuka, Myrrh, Patchouli, Tea Tree, Thyme
ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball or soft sponge—a vegetable protein based carrier oil may feed the fungus, making the situation worse.

SANITIZE
Deliverance, Deliverance Plus, Sunburst
dilute with water and use everywhere

SARS (SEE “RESPIRATORY AILMENTS” FOR OTHER SUGGESTED ESSENTIAL OILS)
Aspire, Breezy, Exhale, Magi, Meditation, Melissa

SCARRING
About Face, Baby Me, UnDone, Vallee, Geranium, Helichrysum, Hyssop, Jasmine, Lavender, Palmarosa, Patchouli, Rosewood, Rose
dilute and apply often and generously

SCABIES
MelaPlus, Purify, Tea Tree
to help kill scabies mites
BabyMe, Reconciliation, Sego Lily, Vallee, Geranium, Chaulmoogra, Helichrysum, Lavender, Myrrh, Patchouli
dilute and apply for skin irritation

SCIATICA
Baby Me, Deeper, Fortitude, Intensity, MyGraine, Millenia, Paine, TendaCare, Vitality, Capsicum, Celery Seed
dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress

SELF-EXPRESSION
Acknowledge, HeartSong, Millenia
diffuse; use in the bath; wear as perfume

SHINGLES
Deeper, Deliverance, Deliverance Plus, Fortitude, Intensity, QuietEssence, Capsicum (to heal nerve damage), Geranium, Kunzea, Ravensara
Deeper and Ravensara dilute and use for pain relief and tissue regeneration; use Deliverance to fight the virus

SHOCK, TRAUMA
Believe, Crystal Clear, IQ, QuietEssence, Revitalize, Transition, Turmoil, Vitality, Basil, Black Pepper, Calamus, Lavender, Melissa (heart), Neroli, Peppermint, Rosemary—homeopathic Rescue Remedy
hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottom of the feet

SINUS
Aspire, Breezy, Deliverance, Deliverance Plus, Exhale, Seasons, Bay, Cajeput, Eucalyptus, Kunzea, Myrrh, Niaouli, Peppermint, Yarrow
inhale; diffuse; dilute and apply to sinus areas on the face or on the feet

SKIN HEALTH
AboutFace, AgeLess, Baby Me, Reconciliation, Sego Lily, Vallee, Anethi, Arborvitae, Caraway, Carrot Seed, Coffee, Grapefruit, Jasmine, Laurel, Lemon Verbena, Lemongrass, Lime, Litsea Cubeba, Manuka, Neroli, Orange Sweet, Palmarosa (oily and dry), Rosewood, Rose, Sage, Violet Leaf
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)
SKIN AND TISSUE REGENERATION
LeReconciliation, LeVallee, Chaulmoogra, Geranium, Helichrysum, Lavender, Patchouli, Rosemary
dilute and apply to the area

SKUNK SPRAY ODOR (ON ANIMALS)
LePurify
Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of LePurify
and massage in thoroughly. When dry, shampoo. LePurify (quite a lot of it) added to water to soak fabric that has
been sprayed) removes much of the odor.

SLEEP APNEA
LeAspire, LeBreezy, LeExhale, LeCrystal Clear, LeGoodNite, LeIQ, LeMillenia
dilute and apply to the sinus areas or to the feet

SLIMMING AND TONING
LeEmerge, LeLiteN, LeLivN, LePatches, LeSego Lily, Basil, Grapefruit, Lavender, Lemongrass, Orange, Rosemary,
Sage, Thyme
dilute and apply; I like to apply LePatches to the places that I am concentrating on losing fat or cellulite, not
miraculous, but helpful

SMOKING (SEE ADDICTIONS)

SNORING
LeAspire, LeBreezy, LeGoodNite, LeMillenia (use in conjunction with one of the other listed oils)
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

SORE THROAT
LeAspire, LeBreezy, LeDeliverance, LeEndoRelief, LeSpiceC
dilute and apply to the throat and the sides of the neck, including the area behind and under the ear

SPINAL ALIGNMENT (SEE BACK)
LeMillenia
dilute with carrier and massage along the spine

SPRAYS / SPORTS INJURIES
LeDeeper, LeFortitude, LeIntensity, LeMillenia (if any structure is out of place), LePaine, LePatches, LeTendaCare,
LeWarmDown, Black Pepper, Chaulmoogra, Marjoram, Sage, Violet Leaf
dilute in carrier oil and apply to the affected area; the carrier oil should contain Arnica if there is any swelling

SPIDER BITES
LeMelaPlus, LeMillenia, LePurify, Tea Tree
apply a drop, undiluted, to the area

STAINS
Lemon (pure; uncut with carrier)
place a little on the stain, rub it in and then launder

STAMINA
inhale; diffuse; dilute and apply to the thymus area; use 1 - 2 drops in the bath (no more)

STREPT THROAT
LeDeliverance, LeDeliverance Plus, LeSpiceC, Melissa
dilute and apply to the throat

STRESS
LeAboutFace, LeAmbition, LeBelieve, LeBenediction, LeFaith, LeGrace, LeHeartSong, LeInner Peace, LeKey to My Heart,
LeLetting Go, LeMeditation, LeQuietEssence, LeSanctuary, LeSego Lily, LeTomorrow, LeTranquility, LeTransition, LeUnity,
LeWeightless, LeWisdom, LeWhispering Hope, Allspice, Benzoin, Sandalwood
inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower

From the Essential Oils Book September 2020 Printing
STRETCH MARKS
Le Baby Me, Le Sego Lily, Jasmine, Myrrh, Rosewood
add to carrier oil (or open a vitamin E capsule, also very effective) and apply all over abdomen and hip area

STROKE
Le Kadence, Le Key to My Heart, Le Vitality, Lemon Verbena (increase brain function)
breathe deeply; apply to neck and forehead

STRUCTURAL ALIGNMENT
Le Millenia, Le WarmDown
apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)

SUICIDAL DEPRESSION
Le AboutFace, Le Acknowledge, Le Angel, Le HeartSong, Le Letting Go, Le Whispering Hope
diffuse; inhale; wear as a perfume or cologne

SUNBURN (SEE BURNS)

SUNSCREEN
Helichrysum, Opoponax
dilute with carrier (Coconut Oil is especially nice) and apply to the skin

TEETH GRINDING
Le Dreams, Le GoodNite, Le Tranquility
diffuse during the night or place a drop on the pillow

TENDONS, DAMAGED
Le Deeper, Le Intensity, Le Paine, Le Patches, Le TendaCare, Le WarmDown, Birch, Fir
dilute and apply regularly to the area until it is completely healed

TENDONITIS
Le Deeper, Le Intensity, Le Paine, Le Patches, Le TendaCare, Le WarmDown, Birch, Fir, Chamomile Roman, Lemongrass, Gingergrass, Peppermint
dilute and apply regularly to the area until it is completely healed

THRUSH (SEE CANDIDA)

THYROID
Le EndoRelief (hyper- or hypo- types), Ledum, Myrtle, Palmarosa
hyper—apply under big toes
hypo—apply on top of big toes

TICKS
Le BeGone, Le Purify or Thyme and Lavender
1 or 2 drops of Le Purify or Thyme backs the tick out, then 1 drop of Lavender every 5 minutes to prevent infection and swelling

TICKS, REPEL
Le BeGone, Kunzea, Rose Geranium and Palmarosa
mix 2 tablespoons of vegetable oil with 15 drops of Rose Geranium and 10 drops Palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks

TMJ
Le Deeper, Le Fortitude, Le Intensity, Le Magi, Le Meditation, Le Millenia, Le TendaCare, Le WarmDown
Le Millenia diluted and applied along the jaw line will help the jaw to realign; Le WarmDown, Le TendaCare, Le Deeper will reduce the pain and inflammation; Le Magi, Le Meditation are for the emotional aspects of the tension that is being held in the jaw

TOE NAIL FUNGUS
add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil)
TOOTHACHE
Le Purify, Chamomile Roman, Clove, Spearmint
apply on the gums at the location of pain/problem and along the jawbone

TOXEMIA
Le Key to My Heart, Le Vitality, Cypress
dilute for massage; diffuse; inhale deeply

TRAUMA
Le Ambition, Le Life Force, Le Transition, Le Turmoil, Angelica, Dong Quai, Peppermint
dilute and apply to the chest and the feet; diffuse; place anywhere on the body

TUMORS, CANCER
Le AboutFace, Le Revitalize, Anthopogon, Arborvitae, Frankincense, Geranium Zdravetz, Mountain Savory

VARICOSE VEINS
Le Key to My Heart, Le Sunburst, Le Visibility, Le Vitality, Capsicum, Copaiba Balsam, Cypress, Lemongrass
dilute for massage or application to area of concern; use in a bath

VERTIGO
Le EZ Traveler, Le InsideOut, Le Kadence, Le Millenia, Calamus, Melissa, Melissa Blend, Tangerine
diffused; inhaled, carry with you in an inhaler; place on the wrists or temples

VIRAL INFECTION
dilute and apply to bottom of feet and to the chest; carry an essential oil inhaler

VITALITY
dilute and apply to the chest or the feet; diffuse

VITAMIN ABSORPTION
Le Emerge, Le Eternity, Le EZ Traveler, Calamus, Pine
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

VIRAL INFECTION (SEE CANDIDA)

WARTS
Le Deliverance, Le MelaPlus, Le Purify with Clove, Manuka
Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.

WEIGHT LOSS
Le Emerge, Le LiteN, Le LivN, Le Weightless, Anise, Anise Myrtle, Capsicum, Celery Seed, Ledum, Lemongrass, Neroli
dilute, apply to the body or to the bottom of the feet; the aroma of Le Weightless is often effective to curb food cravings

WHOOPING COUGH
dilute and apply to chest

WORMS (SEE PARASITES)

WRINKLES
Le AgeLess, Le AboutFace, Le Sego Lily, Carrot Seed, Frankincense, Geranium, Myrrh, Orange Sweet, Rosewood, Rose, Sandalwood
dilute with Almond Oil or carrier oil and apply to areas of concern

ZEST (FOR LIVING)
Le Ambition, Le Autumn, Le Assurance, Le Energy, Le Exhilaration, Le Transition, Le Zest For Life
diffuse; inhale; wear as perfume