Suggestions and Practical Uses

**ABSCESSES, DENTAL**
\(^1\)Deliverance, \(^1\)MelaPlus, \(^1\)SpiceC, \(^1\)Purify, spearmint
apply to gum area; may want to dilute

**ABUNDANCE**
\(^1\)Acknowledge, \(^1\)Bountiful, \(^1\)Grace, \(^1\)Unity, cardamom, myrrh, patchouli
diffuse; wear as perfume; use in the bath; apply to wrists or temples

**ABUSE PHYSICAL / SEXUAL**
\(^1\)Angel, \(^1\)Grace, \(^1\)HeartSong, \(^1\)Insight, \(^1\)Reconciliation, rose
diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler

**ACCIDENTS**
\(^1\)Deeper, \(^1\)Paine, \(^1\)Patches, \(^1\)Synopsis, \(^1\)Turmoil
dilute and apply to the site of the injury; use arnica oil as the carrier oil, if available

**ACNE / SKIN**
\(^1\)AgeLess, \(^1\)Baby Me, \(^1\)Sego Lily, cajeput, chamomile, 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**
\(^1\)LivN, \(^1\)Revitalize, grapefruit, patchouli, petitgrain
diffuse; carry an essential oil inhaler

**ADRENAL GLANDS**
\(^1\)EndoRelief, \(^1\)Energy, \(^1\)HeartSong, \(^1\)InsideOut, \(^1\)LifeForce, \(^1\)LiteN, \(^1\)Trust, \(^1\)Vitality, basil, geranium, sage, spruce, rosemary
dilute well and apply locally or to the feet; dilute particularly well with \(^1\)Energy

**ADHD**
\(^1\)Millenia, \(^1\)Tranquility, \(^1\)Victory
dilute and apply \(^1\)Millenia along the spine and/or feet; diffuse \(^1\)Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both

**AFTERSHAVE**
\(^1\)Everlasting, \(^1\)Millenia, sandalwood
massage coconut oil (the more solid variety) onto the face and then add a little bit of essential oil

**ALLERGIES**
\(^1\)Acknowledge, \(^1\)Aspire, \(^1\)Breezy, \(^1\)Exhilaration (applied down the sternum), \(^1\)LifeForce, \(^1\)Sego Lily, \(^1\)Unity, chamomile Roman, elemi, eucalyptus (for rashes), lavender, melissa, niaouli, patchouli
inhale; diffuse; wear

**ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES**
\(^1\)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)**
ALZHEIMER’S
Le Acknowledge, Le About Face, Le IQ, Le Magi, Le Meditation, Le Trust, Le Unity, frankincense, galbanum, 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
Le About Face, Le Breezey, Le Deeper, Le Millenia, Le MyGraine, Le Paine, Le Patches, Le QuietEssence, Le TendaCare, birch, cassia, chamomiles, clove, eucalyptus, fir, frankincense, ginger, helichrysum, howood, laurel, all mints, pepper, rosewood, rue, spanish sage, spikenard, spruce, St. John’s Work, 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
Le LifeForce, Le Revitalize, carrot seed, lavender, lemon
dilute and apply to the chest and the bottoms of the feet

ANOREXIA
Le EZ Traveler, Le Holiday Spirit, Le MelaPlus, Le Millenia, Le Purify, Le Sunburst, 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.

ANGER
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
Le Deliverance, Le Discernment, Le Mariah, Le NoMore, Le SpiceC, cinnamon, clove, oregano, garlic (sparring less than 1 drop at a time!!)
as a gargle, on your toothbrush; dilute and apply to throat or the bottoms of the feet; remember to use these as a preventative measure, not just when you are sick

ANTI-INFLAMMATORY / ANTISPASMODIC
Le Cypernium, Le Deeper, Le Paine, Le Patches, Le Synopsis, Le TendaCare, Le Vitality, Le WarmDown, Le WithIn anthopogon, basil, birch, black pepper, chamomile German, chamomile Roman, chaummoogra, 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:
Le Deliverance, Le Insight, Le MelaPlus, Le Purify, Le 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 bottoms 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, llc; diffuse, wear on the wrists or as a perfume; in a bath
APHRODISIAC / LIBIDO
Beloved, Expressions, Letting Go, Moonlight, jasmine, neroli, rose, sandalwood, ylang ylang

diffuse or wear as a perfume

ARTHRRITIS
Deeper, MelaPlus, Paine (with Millenia), Patches, Reflections, Tranquility, UnDone, Unity, Vitality, WarmDown, birch, cajeput, celery seed, opoponax, peppermint, pine, rosemary, sage, violet leaf
apply (usually diluted) on location; diffuse; particularly effective when used in a bath

ASPERGER’S SYNDROME
Meditation, Millenia, 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 Millenia.

ASTHMA
Aspire, Breezy, Everlasting, Mariah, 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
Deliverance, MelaPlus, NoMore, SpiceC, Sunburst, cypress, manuka, myrrh, patchouli, tea tree, thyme
apply to feet (may want to dilute with distilled water)

AUTISM (SEE ADHD AND ASPERGER’S)
essential oils and basic uses will be very similar

AUTO IMMUNE DISORDERS
Ageless, Cinnamon Bear, Grateful Heart, Housewarming, LivN, LifeForce, Revitalize, cistus, patchouli

dilute and apply to the chest area and to the bottoms of the feet; diffuse

BABIES (IN GENERAL)
Baby Me, Julia (gentle digestive), chamomile Roman (for sleep), dill, lavender (calming, too much is stimulating)
for babies, always dilute essential oils well

BACK PAIN & TROUBLE
Deeper, Millenia, Paine, Patches, QuietEssence, TendaCare, WarmDown, helichrysum
dilate and massage along the spine

BAD BREATH
Deliverance, Refreshment, SpiceC, TendaCare, peppermint, spearmint
place 1-2 drops in water and swish around in the mouth

BELCHING, BLOATING
EZ Traveler, InsideOut, Julia, Revitalize
dilate and massage over stomach and abdomen

BLADDER / BED-WETTING / INFECTION
Beloved, Dreams, EndoRelief, Meditation, Reflections, cedarwood, celery seed, cypress, goldenrod
apply over kidneys; best as a hot compress, rub on abdomen at bedtime

BLEEDING (STOPS)
Kadence, 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 PRESSURE**  
Angel, Benediction, EZ Traveler, Faith, Grace, Kadence, Key to My Heart, UnDone, Vitality, hyssop, lavender, lime, litsea cubeba, marjoram, peppermint (low pressure), rosemary, ylang ylang  
apply over the heart; diffuse; cotton ball in vents; in a relaxing bath

**BONE SPURS**  
Aspire, Deeper, 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**  
Aspire, Bountiful, Breezy, Deeper, Deliverance, LifeForce, Mariah, SpiceC, Stefanie, eucalyptus, melissa, myrtle, niaouli, oregano, peppermint, rosemary, thyme  
dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

**BRUISES**  
Deliverance, MelaPlus, Millenia, Paine, Patches, SpiceC, TendaCare, chaulmoogra, marjoram, violet leaf  
best if applied in a base such as arnica oil

**BURNS**  
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; Vallee is for rebuilding of skin and muscle tissue after the wounds have closed

**BURSITIS**  
Deeper, Millenia, Paine, Patches, TendaCare, WarmDown  
dilute and apply to the shoulder area

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

**CALLUSES**  
MelaPlus, Vallee, carrot seed, chamomile Roman, oregano  
dilute with carrier oil and apply frequently to the calloused area

**CANDIDA**  
Candila, EndoRelief, InsideOut, MelaPlus, anthropogon, bergamot, 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**  
Deliverance, Discernment, RefreshMint, Simplicity, SpiceC, chamomile—all types, hyssop, laurel, manuka, myrrh, opoponax, oregano, tea tree  
rinse mouth with water in which a drop of oil has been added

**CAPILLARIES**  
Cypernium, Millenia, Solitude, Visibility, Vitality, WarmDown, chamomile German, lavender, lemongrass  
dilute with carrier oil and apply topically to the area; use as a compress or in a bath
CARDIOVASCULAR HEALTH
*AboutFace, CinnamonBear, Eternity, Grace, Kadence, Key to My Heart, Vitality, QuietEssence, goldenrod, violet leaf

dilute and apply to chest; inhale; diffuse

CARTILAGE

fir siberica (relieves pain), sandalwood (regenerates)
dilute and apply to the area

CAVITIES / TEETH
*Deliverance, Millenia, SpiceC, spearmint

use to brush teeth or add a drop to toothpaste on your toothbrush

CELLULITE
*LiteN, Sego Lily, Weightless, grapefruit, juniper berry, lemon, lemongrass, orange bitter, rosemary, spearmint
dilute and apply topically; 2 or 3 drops added to the tub

CHARLEY HORSE
*Patches, TendaCare, WarmDown
dilute and apply to the area

CHOLESTEROL
*TendaCare, Revitalize, ginger, helichrysum
dilute and apply to the bottoms of the feet

CHRONIC FATIGUE
*CinnamonBear, Deliverance (to kill Epstein Barr virus), Eternity, Everlasting, Kindred Spirit, Inner Peace, IQ, Revitalize

these oils should be diluted and applied to the chest and the feet. Eternity and Everlasting are for the absorption of nutrients Revitalize and IQ will help with energy; Inner Peace for emotional strength and balance; all of the oils will be of benefit if diffused

CIRCULATION
*AboutFace, AgeLess, Deeper, Energy, HeartSong, Key to My Heart, Paine, Patches, Sunburst, Tranquility, Visibility, Vitality, bay, copaiba balsam, geranium, lemongrass, pine, violet leaf

diffuse; use in a bath; massage; compress over specific area

CLEANERS, HOUSEHOLD
*Sunburst, 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
*Aspire, Breezy, Deliverance, EndoRelief, Journey, Mariah, Simplicity, SpiceC, Stefanie, 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 Aspire on the back, Breezy on the chest, with Deliverance on the feet, all diluted well, of course

COLIC
*InsideOut, Julia, 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
InsideOut, Julia, Letting Go, Synopsis, peppermint
dilute InsideOut or peppermint and apply to abdomen or use them as a compress; Letting Go can also be diffused or sniffed

COMPLEXION
AboutFace, AgeLess, Baby Me, bergamot, jasmine, 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
Crystal Clear, Focus, Kadence, WakeUp, cardamom, frankincense, niaouli, rosemary
inhale, or diffuse; apply to wrists or forehead

CONCUSSION
AboutFace, 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
Crystal Clear, Everlasting, Inner Peace, Insight, IQ, LivN, Millenia, Revitalize, Unity, Wisdom, cypress, frankincense, marjoram, peppermint, rose, rosewood, ylang ylang
often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottoms of the feet

CONSTIPATION
InsideOut, carrot seed, turmeric, mandarin, patchouli
dilute and massage over the abdomen

COUGHS
Aspire, Breezy, Holiday Spirit, Mariah, cedarwood, manuka, opoponax
dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale

CRADLE CAP
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
InsideOut, LifeForce, basil
dilute and apply to the abdominal area

CUTS, BLEEDING
MelaPlus, helichrysum, neroli, yarrow
dilute 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
Deliverance, MelaPlus, lavender, niaouli
apply diluted, usually with water

CYSTITIS / BLADDER INFECTION
Reflections, Synopsis, Whispering Hoper, 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
Le Kadence, Le Revitalize, Le Safeguard, Le Turmoil, Le Vitality, cardamom, cumin (nerves), lavender, nutmeg, patchouli, sage
dilute and apply to the chest or to the bottoms 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
Le Acknowledge, Le Baby Me, Le Beloved, Le Believe, Le Cherish, Le Grateful Heart, Le HeartSong, Le Letting Go,
Le Meditation, Le MyGraine, Le Sego Lily, Le Tranquility, Le Turmoil, Le Unity, allspice, basil, benzoin, bergamot,
chamomile Roman, geranium, howood, lavender, lemon, jasmine, neroli, orange bitter, rose geranium, rose,
ylang ylang
diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go

DETOXIFICATION
Le Angel, Le EndoRelief, Le Letting Go, Le LivN, Le Revitalize, Le Synopsis, ledum
diffuse; apply to the body—the bottoms 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 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 InsideOut, cardamom, carrot seed, ginger, mandarin, orange bitter
dilute and apply to the abdomen; there are homeopathic remedies that are effective

DIGESTION
Le Balance, 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 bottoms of the feet

DISHWASHING
Le Sunburst, Le Purify
add a few drops to dishwasher or dish water
DISINFECT / DEODORIZE
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, 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)

EATING DISORDERS
Le LiteN, Le Purify, Le Weightless, grapefruit, juniper berry
the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb

DYSLEXIA
Le Millenia, Le 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
Le EndoRelief, Le LifeForce, Le MelaPlus, Le Millenia, basil, garlic
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. Le MelaPlus, Le EndoRelief, or
Le LifeForce for infection and Le Millenia for inflammation or any disturbance of structure in the ear canal or
inner ear. BBL, a tincture sold at Butterfly Express, LLC, 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.

ECZEMA
Le AgeLess, Le Baby Me, Le Sego Lily, Le Solitude, carrot seed, chaulmoogra, juniper berry, lavender, myrrh,
patchouli
dilute with distilled or spring water and apply to the affected areas

EMOTIONAL IMBALANCES
Le Acknowledge, Le Angel, Le Believe, Le Beloved, Le Cherish, Le Faith, Le Grace, Le Grateful Heart, Le HeartSong,
Le Insight, Le Magi, Le Meditation, Le Reconciliation, Le Sanctuary, Le Tomorrow, Le Tranquility, Le Trust, Le Turmoil,
Le Unity, Le Wisdom, cedarwood, lavender, lemon, mandarin, 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
Le Balance, Le EndoRelief, Le 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)

ENERGY, IMPROVEMENT OF
dilute and apply to bottoms of feet

ENERGY, PROTECTION
Le Angel, Le Benediction, Le HeartSong, Le Patches
apply to shoulders and wrists
ENVIRONMENTAL TOXINS
LifeForce, LivN
dilute and apply to the feet or along the spine

EXPECTORANT
Deliverance, 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 bottoms of the feet

FATIGUE
Kadence, LivN, Revitalize, Vitality, WakeUp, WarmDown, Wisdom, 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.

FATTY LIVER
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.

FEVER
LifeForce, ThermaCare, eucalyptus, lavender (babies), yarrow yellow
dilute LifeForce and apply to spine; lavender and ThermaCare dilute, apply to back of neck and the feet

FIBROMYALGIA
Deeper, LifeForce, Paine, Patches, QuietEssence, birch, wintergreen
should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

FLATULENCE
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

FLU
Aspire, Breezy, Deliverance, EndoRelief, EZ Traveler, InsideOut, Journey, LifeForce, Mariah,
Stefanie, Synopsis, Revitalize, ThermaCare, 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

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

GALLBLADDER / GALLSTONES
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
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.

GAS
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 REFUX 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
Deeper, Meditation, Paine, Reflections, Revitalize, Vitality, lemon, anthropogen, 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
Cherish, Grace, Grateful Heart, Reconciliation
Diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil

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

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.

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
Grace, Kadence, Key to My Heart, Mariah, 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, marjoram, neroli, orange sweet, petitgrain, violet leaf
apply, diluted, to chest; aroma; place on temples

HEARTBURN
Le Baby Me, 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 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
dilate and apply to the area

HERPES VIRUS
Le Simplicity, melissa
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
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, 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 EndoRelief, Le Grateful Heart, Le WakeUp, anethi, coriander, dill, eucalyptus
apply over pancreas area on body or feet; diffuse

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
Consider diluting the essential oils in water, rather than a carrier oil. Apply with a cotton ball, using a fresh ball frequently. Sometimes carrier oil “feeds” the organisms responsible—using water prevents that. Fresh cotton balls prevent spreading.

INSECT BITES / STINGS
MelaPlus, Purify, basil, lavender, manuka, mountain savory, niaouli, tea tree
apply 1 drop, undiluted, to the area

INSECT REPELLENT
Away, Purify, citronella, 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
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
InsideOut, Julia, Revitalize, anise, peppermint
dilute and apply to the abdominal area

JAUNDICE
Revitalize, 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, EndoRelief, Letting Go, Meditation, Reflections, Synopsis, Vitality (congestion), Revitalize, bergamot, birch (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

LAXITIVE
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
Le Paine, Le Patches, Le TendaCare, Le WarmDown, birch, fir siberica, lemongrass, peppermint, wintergreen dilute and apply to the affected areas; consider layering one oil on top of another

LIVER CLEANSE & SUPPORT
Le Acknowledge, Le Angel, Le EZ Traveler, Le Letting Go, Le LivN, Le Revitalize, Le Safeguard, Le Synopsis, angelica, carrot seed, celery seed, goldenrod, grapefruit, helichrysum, ledum, lemon, lime, rosemary 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)
Le Ageless, Le Deliverance, Le InsideOut, Le LifeForce, Le Millenia, Le Wisdom, lupus is an auto-immune disorder—please see that section

LYME DISEASE
Le Deliverance, Le MelaPlus, manuka, oregano, rosemary, tea tree

LYMPHATIC CONGESTION
Le AgeLess, Le Cherish, Le CinnamonBear, Le Deeper, Le Deliverance, Le EndoRelief, Le Housewarming, Le Key to My Heart, Le LiteN, Le Reflections, Le Revitalize, Le Sunburst, Le Synopsis, Le UnDone, Le Vitality, birch, lemon, orange sweet, ravensara diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath

MASSAGE
Le Baby Me, Le Expressions, Le Grace, Le HeartSong, Le Intention, Le Sego Lily, Le TendaCare, Le WarmDown, Le Weightless, Le Whispering Hope, eucalyptus, peppermint 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

MEMORIZATION
Le Crystal Clear, Le Focus, Le IQ, Le WakeUp, saro inhale; apply to wrists and forehead

MEMORY LOSS
Le Crystal Clear, Le Focus, Le IQ, Le WakeUp, basil, bay, clove, coriander, ginger, lemon, lime, rosemary, saro, spanish sage, peppermint inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals from whole food sources

MENIERE’S DISEASE
Le Millenia, Le EndoRelief, orange sweet, grapefruit place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear

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

MENSTRUAL SYMPTOMS
Le Baby Me, Le Beloved, Le Faith, Le QuietEssence, Le Trust, Le Unity, Le Woman Wise, marjoram apply on abdomen and back; in a bath; effective used with a BBL (B& B) tincture, an old Dr. Christopher formula

MENTAL CONFUSION
Le About Face, Le Acknowledge, Le Focus, Le Insight, Le IQ, Le LivN, Le Revitalize, Le Sunburst, Le WakeUp, Le Weightless, basil, violet leaf inhale; diffuse; apply to wrists, forehead and back of the neck
MENTAL ALERTNESS
Energy, Focus, IQ, Magi, Meditation, Revitalize, Trust, Unity, WakeUp, Weightless, 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
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, Deliverance, EZ Traveler, 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 Deliverance for headaches

MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)

MOLD / MILDEW
Deliverance, 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
Deliverance, EndoRelief, Millenia, Purify, Revitalize, clary sage
use in tub; dilute and apply to bottoms 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, peppermint
apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply

MOUTHWASH
Deliverance, RefreshMint, SpiceC, TendaCare, Trust, wintergreen, spearmint
dilute and rinse the mouth for a few seconds

MUSCLE RELAXANT
Breezy, Paine, Patches, QuietEssence, TendaCare, WarmDown, cajeput, peppermint, opoponax
dilute with carrier oil and massage the affected areas

MUSCLE SPASMS
Breezy, 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 bottoms of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse;
inhale

NAUSEA AND VOMITING
EZ Traveler, Julia, MyGraine, InsideOut, 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
Le Deeper, Le Paine, Le UnDone, birch
dilute and apply to the affected areas

NERVES / NERVOUS SYSTEM
Le AboutFace, Le AgeLess, Le Assurance, Le Believe, Le Cherish, Le Dreams, Le Expressions, Le Faith, Le HeartSong,
Le Housewarming, Le Inner Peace, Le InsideOut, Le IQ, Le Letting Go, Le QuietEssence, Le Sanctuary, Le Synopsis,
Le Tranquility, Le Trust, Le Turmoil, Le 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

NEUROPATHY
Le Deeper, Le Paine, Le UnDone, birch
dilute and apply to the affected areas

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

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

OCD - OBSESSIVE COMPULSIVE DISORDER
Le Acknowledge, Le Crystal Clear, Le Everlasting, Le Faith, Le Millenia, Le Sanctuary, Le Trust, Le Turmoil, Le 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 bottoms of the feet

ODORS, PURIFYING
Le Insight, Le Purify, Le Sunburst, lime, pine
diffuse; dilute in water and spritz into the air using a plant mister

OSTEOPOROSIS
dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural
progesterone

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

PAIN (SEE ANALGESIC)

PANCREAS
Le EndoRelief, coriander, dill
dilute, apply to the chest, abdomen, and feet

PANIC ATTACKS
Le Beloved, Le HeartSong, Le Tranquility, neroli
inhale; diffuse; wear as perfume; place over thymus or heart chakra

PARASITES
Le InsideOut, Le Revitalize, Le Safeguard, bergamot, turmeric
dilute and apply over abdominal area
POLYCYSTIC OVARIAN SYNDROME (PCOS)

Le Balance, Le Believe, Le Beloved, Le EndoRelief, Le Woman Wise, helichrysum, rosewood, St. john’s wort
dilute and apply over abdominal area

PINEAL AND PITUITARY

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

PLEURISY

Le Aspire, Le Breezy, Le HeartSong, Le Mariah, Le Trust, Le Vitality, cypress, thyme
apply diluted over the lungs—front & back; diffuse or sniff deeply

PMS

Le Balance, Le Deeper, Le QuietEssence, Le Synopsis, Le Woman Wise
dilate and apply to the abdomen and the small of the back

PNEUMONIA

Le Aspire, Le Breezy, Le Mariah, Le Stefanie, cajeput, cedarwood, hyssop, manuka, oregano
inhale; place on back and chest

PTSD POST TRAUMATIC STRESS DISORDER

Le Angel, Le Letting Go, Le QuietEssence, Le Revitalize, Le Wisdom, sandalwood, vanilla
dilute and apply to the chest and the feet;

PROSTATE

Le Balance, Le EndoRelief, Le Woman Wise, basil, myrtle, peppermint
diffuse; place anywhere on the body

PROTECTION, ENERGY & PSYCHIC

Le Benediction, Le HeartSong, Le Inner Peace, Le Millenia, Le Sanctuary, Le 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 CinnamonBear, Le Deliverance, Le Housewarming, Le Purify, Le Sunburst
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, rosewood
depending on the type of rash, dilute with either distilled water or a carrier oil

REFLUX (SEE GERD, AND HEARTBURN)

RELATIONSHIPS

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

RESPIRATORY AILMENTS

Le Aspire, Le Bountiful, Le Breezy, Le Cherish, Le Holiday Spirit, Le Housewarming, Le Mariah, Le Sanctuary,
Le 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
Le QuietEssence, Le Solitude, Le Visibility
support the thyroid and adrenal glands using LeEndoRelief and herbal supplements to increase the body’s ability to absorb calcium; increase your intake of good quality calcium

RINGWORM
Le Deliverance, Le NoMore, Le Purify, Le 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
Le Deliverance, Le Sunburst
dilute with water and use everywhere

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

SCARRING
Le About Face, Le Baby Me, Le UnDone, Le Vallee, geranium, helichrysum, hyssop, jasmine, lavender, palmarosa, patchouli, rosewood, rose
dilute and apply often and generously

SCIATICA
Le Baby Me, Le Deeper, Le MyGraine, Le Millenia, Le Paine, Le TendaCare, Le Vitality, 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
Le Acknowledge, Le HeartSong, Le Millenia
diffuse; use in the bath; wear as perfume

SHINGLES
Le Deeper, Le Deliverance, Le QuietEssence, geranium, ravensara
Le Deeper and ravensara dilute and use for pain relief and tissue regeneration; use Le Deliverance to fight the virus

SHOCK, TRAUMA
Le Believe, Le Crystal Clear, Le IQ, Le QuietEssence, Le Revitalize, Le Turmoil, Le 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 bottoms of the feet

SINUS
Le Aspire, Le Breezy, Le Deliverance, bay, cajeput, myrrh, niaouli, peppermint
inhale; diffuse; dilute and apply to sinus areas on the face or on the feet

SKIN HEALTH
Le AboutFace, Le AgeLess, Le Baby Me, Le Reconciliation, Le Sego Lily, Le Vallee, anethi, caraway, carrot seed, grapefruit, jasmine, laurel, 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
Le Reconciliation, Le Vallee, chaulmoogra, geranium, helichrysum, lavender, patchouli, rosemary
dilute and apply to the area
SKUNK SPRAY ODOR (ON ANIMALS)

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

SLEEP APNEA

\[Le\]Aspire, \[Le\]Breezy, \[Le\]Crystal Clear, \[Le\]GoodNite, \[Le\]IQ, \[Le\]Millenia
dilute and apply to the sinus areas or to the feet

SLIMMING AND TONING

\[Le\]LiteN, \[Le\]LivN, \[Le\]Patches, \[Le\]Sego Lily, basil, grapefruit, lavender, lemongrass, orange, rosemary, sage, thyme
dilute and apply; I like to apply \[Le\]Patches to the places that I am concentrating on losing fat or cellulite, not miraculous, but helpful

SMOKING (SEE ADDICTIONS)

SNORING

\[Le\]Aspire, \[Le\]Breezy, \[Le\]GoodNite, \[Le\]Millenia (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

\[Le\]Aspire, \[Le\]Breezy, \[Le\]Deliverance, \[Le\]EndoRelief, \[Le\]SpiceC
dilute and apply to the throat and the sides of the neck, including the area behind and under the ear

SPINAL ALIGNMENT (SEE BACK)

\[Le\]Millenia
dilute with carrier and massage along the spine

SPRAINS / SPORTS INJURIES

\[Le\]Deeper, \[Le\]Millenia (if any structure is out of place), \[Le\]Paine, \[Le\]Patches, \[Le\]TendaCare, \[Le\]WarmDown, 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

\[Le\]MelaPlus, \[Le\]Millenia, \[Le\]Purify, 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

\[Le\]EZ Traveler, \[Le\]Kadence, \[Le\]LivN, \[Le\]Revitalize, \[Le\]Vitality
inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)

STREP THROAT

\[Le\]Deliverance, \[Le\]SpiceC, melissa
dilute and apply to the throat

STRESS

\[Le\]AboutFace, \[Le\]Believe, \[Le\]Benediction, \[Le\]Faith, \[Le\]Grace, \[Le\]HeartSong, \[Le\]Inner Peace, \[Le\]Key to My Heart, \[Le\]Letting Go, \[Le\]Meditation, \[Le\]QuietEssence, \[Le\]Sanctuary, \[Le\]Sego Lily, \[Le\]Tomorrow, \[Le\]Tranquility, \[Le\]Unity, \[Le\]Weightless, \[Le\]Wisdom, \[Le\]Whispering Hope, allspice, benzoin, sandalwood
inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower
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
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 Paine, Le Patches, Le TendaCare, Le WarmDown, birch
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 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
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 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
Le Deliverance, Le MelaPlus, Le NoMore, Le SpiceC
add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil)
TOOTHACHE
LePurify, chamomile Roman, clove, spearmint
apply on the gums at the location of pain/problem and along the jawbone

TOXEMIA
LeKey to My Heart, LeVitality, cypress
dilute for massage; diffuse; inhale deeply

TRAUMA
LeLifeForce, LeTurmoil, angelica, dong quai, peppermint
dilute and apply to the chest and the feet; diffuse; place anywhere on the body

TUMORS, CANCER
LeAboutFace, LeRevitalize, anthopogon, frankincense, mountain savory

VARICOSE VEINS
LeKey to My Heart, LeSunburst, LeVisibility, LeVitality, copaiba balsam, cypress, lemongrass
dilute for massage or application to area of concern; use in a bath

VERTIGO
LeEZ Traveler, LeInsideOut, LeKadence, LeMillenia, 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 bottoms of feet and to the chest; carry an essential oil inhaler

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

VITAMIN ABSORPTION
LeEternity, LeEZ Traveler, calamus, pine
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

YEAST INFECTION (SEE CANDIDA)

WARTS
LeDeliverance, LeMelaPlus, LePurify with clove, manuka
Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.

WEIGHT LOSS
LeLiteN, LeLivN, LeWeightless, anise, celery seed, ledum, lemongrass, neroli
dilute, apply to the body or to the bottoms of the feet; the aroma of LeWeightless is often effective to curb food cravings

WORMS (SEE PARASITES)

WRINKLES
LeAgeLess, LeAboutFace, LeSego 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)
LeAssurance, LeEnergy, LeExhilaration
diffuse; inhale; wear as perfume