

Suggestions and Practical Uses

Abscesses, dental	^{Le} Purify, ^{Le} Mela Plus ^{Le} Deliverance	apply to gum area; may want to dilute
Abundance	^{Le} Bountiful, ^{Le} Unity ^{Le} Acknowledge	diffuse; wear as perfume; use in the bath; apply to wrists or temples
Abuse - physical sexual	^{Le} Angel, ^{Le} Heart Song, ^{Le} Insight	diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler
Acne/Skin	^{Le} Sego Lily, ^{Le} Baby Me, rosewood, grapefruit	dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)
Addictions	^{Le} Revitalize, grapefruit	diffuse; carry an essential oil inhaler
Adrenal Glands	^{Le} Energy, ^{Le} Heart Song	dilute well and apply locally or to the feet; dilutes particularly well with ^{Le} Energy
ADHD	^{Le} Millenia, ^{Le} Tranquility	dilute and apply ^{Le} Millenia along the spine and/or feet; diffuse ^{Le} Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both
Allergies	^{Le} Aspire ^{Le} Breezey	inhale; diffuse; wear
Alignment <i>physical structures and electrical energies</i>	^{Le} Millenia	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.)
Analgesic	^{Le} Paine, ^{Le} Deeper, birch, black pepper	dilute and apply locally; a few drops in a tub is particularly effective; <i>dilute black pepper particularly well and use only 2 drops in the tub</i>
Anorexia	^{Le} Holiday Spirit, ^{Le} EZ-Traveler ^{Le} Sunburst, ^{Le} Purify, ^{Le} Mela Plus, ^{Le} Millenia, ^{Le} Weightless, coriander, grapefruit	apply to stomach and to the bottom of the feet; might be advisable to also diffuse or wear any of the oils used for depression, etc.
Anger	^{Le} Expressions, ^{Le} Letting Go, ^{Le} Revitalize, ^{Le} Tranquility, ^{Le} Trust, ^{Le} Turmoil, ^{Le} Unity, ^{Le} Wisdom,	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
Anti viral	^{Le} Deliverance, ^{Le} Mariah, ^{Le} SpiceC, cinnamon	as a gargle, on your toothbrush, dilute and apply to throat or the bottoms of the feet; <i>Remember to use these as a preventative, not just when you are sick</i>
Anti-inflammatory	^{Le} Warm Down, ^{Le} Deeper, ^{Le} Tenda Care, ^{Le} Paine	dilute and apply to affected muscles or joints
Antiseptic	^{Le} Mela Plus, ^{Le} Purify ^{Le} Sunburst, ^{Le} Deliverance	all essential oils are antiseptic to some degree. This is just a list of my favorites.

Anxiety	^{Le} Angel, ^{Le} Assurance, ^{Le} Dreams, ^{Le} Faith, ^{Le} Inner Peace, ^{Le} Letting Go, ^{Le} Whispering Hope	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
Arthritis	^{Le} Vitality, ^{Le} Warm Down, ^{Le} Unity ^{Le} Paine, (w/ ^{Le} Millenia), ^{Le} Deeper, ^{Le} Mela Plus, ^{Le} Tranquility	apply (usually diluted) on location; diffuse; particularly effective when used in a bath
Asthma	^{Le} Breezey, ^{Le} Aspire, ^{Le} Stefanie, ^{Le} Mariah, peppermint, cedarwood, eucalyptus, thyme, lavender (for babies)	apply over lungs (front & back) & throat; diffuse. Put on cotton ball or cloth, inhale. (Many other singles are listed as helpful) place on pad of foot (not inhaled during attack)
Athletes' foot	^{Le} Deliverance, ^{Le} Sunburst, ^{Le} Mela Plus, ^{Le} No-More, cypress, tea tree, thyme	apply to feet (may want to dilute with distilled water)
Babies (in general)	^{Le} Baby Me; Dill-gentle digestive, Roman chamomile for sleep, calm; lavender - calming (too much is stimulanting)	for babies, always dilute essential oils well
Back Pain & Trouble	^{Le} Millenia, ^{Le} Deeper, ^{Le} Paine, ^{Le} Tenda Care, ^{Le} Warm Down, helichrysum	dilute and massage along the spine
Belching, Bloating	^{Le} Inside-Out ^{Le} EZ-Traveler ^{Le} Revitalize	dilute and massage over stomach and abdomen
Bladder Bed-wetting Infection (Cystitis)	^{Le} Endo Relief, ^{Le} Meditation, ^{Le} Beloved, cypress, cedarwood	apply over kidneys; best as a hot compress rub on abdomen at bedtime apply over kidneys, as a hot compress
Blisters	lavender or lavender/chamomile	apply 1 drop, blot gently with a clean cloth
Blood Pressure	^{Le} Benediction, ^{Le} Vitality, ^{Le} EZ-Traveler, marjoram, lavender, ylang ylang	apply over the heart; diffuse; cotton ball in vents; in a relaxing bath
Bone Spurs	^{Le} Aspire, ^{Le} Paine, ^{Le} Deeper birch/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
Bronchitis	^{Le} Bountiful, ^{Le} Life Force, ^{Le} Deeper, ^{Le} Breezey, ^{Le} Stefanie. ^{Le} Aspire, ^{Le} Deliverance, ^{Le} Mariah, thyme, eucalyptus, peppermint	dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

Bruises	LePaine, LeMela Plus LeTenda Care, LeMillenia, LeDeliverance	best if applied in a base such as arnica oil
Burns	LeVallee, lavender, helichrysum	nothing beats lavender applied to a burn, except the healing salve sold by Butterfly Express, llc. with extra helichrysum and lavender added; LeVallee is for rebuilding of skin and muscle tissue after the wounds have closed
Bursitis	LeWarm Down, LeDeeper LePaine, LeMillenia LeTenda Care	dilute and apply to the shoulder area
Candida	LeCandila, LeInside-Out, LeEndo Relief, LeMela Plus	dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche
Canker/Cold Sores	LeDeliverance, LeSpiceC	rinse mouth with water in which 2 drops of oil has been added
Capillaries	LeCypernium, LeVitality, LeSolitude, LeVisibility lavender/German cham	dilute w/carrier and apply topically to area; as a compress or in a bath
Cardiovascular Health	LeVitality, LeEternity	dilute and apply to chest; inhale; diffuse
Cavities (teeth)	LeDeliverance, LeMillenia, LeSpiceC. spearmint	use to brush teeth or add a drop to toothpaste on your toothbrush
Cellulite	LeWeightless, LeSego Lily, spearmint	dilute and apply topically; 2 or 3 drops added to the tub
Charley Horse	LeWarm Down, LeTenda Care	dilute and apply to the area
Circulation	LeVitality, LeEnergy, LePaine, LeSunburst, LeTranquility, LeVisibility, balsam	diffuse; use in a bath; massage; compress over specific area
Cleaner, household	LeSunburst sweet orange	diluted makes a great disinfectant; can be applied neat to most areas (check an out of the way spot); works amazingly well on grease
Colds	LeJourney, LeBreezey LeAspire, LeDeliverance, LeEndo Relief, LeSpiceC, LeMariah, LeStefanie	diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck and chest; ne recommendation: LeBreezey on the back, LeAspire on the chest, with LeDeliverance on the feet, all diluted well, of course
Colic	LeInside Out, Roman or German Chamomile	dilute and apply to abdominal area
Colon	LeInside-Out, LeLetting Go, peppermint	dilute and apply to abdomen or use as a compress; LeLetting Go can also be diffused

Concentration	LeWake-Up, LeCrystal Clear, LeIQ, LeFocus	inhale: diffuse; apply to wrists or forehead
Cuts, Bleeding	LeMela Plus yarrow helichrysum	dilute LeMela Plus in water; it is very strong; apply yarrow neat then bind the wound, brings edges of cut together; helichrysum promotes tissue regeneration
Dandruff	LeDandy	add a few drops to your normal shampoo
Dental Infection	LeDeliverance, LeSpiceC	apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth
Depression	LeBeloved, LeBelieve, LeHeart Song, LeTranquility, LeAcknowledge, LeBaby Me, LeUnity, LeMeditation, LeTurmoil, LeLetting Go, LeSego Lilly, LeGrateful Heart, bergamot, ylang ylang, rose, geranium, lavender, Roman chamomile, lemon, jasmine, rose, neroli	diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go
Diabetes	LeDeliverance, LeEndo Relief coriander dill	coriander is said to lower glucose/insulin levels; dill supports pancreas and control glucose levels in the blood; LeDeliverance and LeEndo Relief support immune function; eliminates bacteria; diffuse; apply to back, chest, feet, over pancreas; consider carrying essential oil inhaler with you
Diaper Rash	LeBaby Me lavender w/yarrow	dilute with carrier oil and massage on the rash with each diaper change
Digestion	LeInside-Out, LeRevitalize LeEZ-Traveler, peppermint	dilute and apply to stomach and colon area; apply along spine or on the bottoms of the feet
Dish Washing	LeSunburst	add a few drops to dishwasher or dish water
Disinfect/ Deodorize	LePurify, LeSunburst balsam, cedarwood	in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution
Eating Disorders	LePurify, LeWeightless, grapefruit	the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb

Emotional Imbalances	LeFaith, LeAngel, LeBeloved, LeTrust, LeHeart Song, LeUnity, LeInsight, LeBeloved, LeTurmoil, LeAcknowledge, LeMeditation, LeTranquility, LeTomorrow, LeMagi, LeBelieve, LeGrateful Heart, LeSanctuary, LeWisdom, lavender, lemon, rose, cedarwood, sweet orange, mandarin, sandalwood	diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler
Endocrine Balance	LeEndo Relief, LeBalance, LeWoman Wise	diffuse; use as aroma therapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)
Energy, protection improvement of	LeBenediction, LeAngel LeEnergy, LeRevitalize	protection: apply to shoulders and wrists. improve dilute and apply to bottoms of feet
Environmental Toxins	LeLife Force	dilute and apply to the feet or along the spine
Expectorant	LeDeliverance, LeSpiceC, ravensara, benzoin	dilute and apply to throat and chest areas
Fainting (see shock)	LeIQ, LeCrystal Clear, LeTurmoil, black pepper, peppermint, rosemary, lavender	hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet
Fatigue	LeVitality LeWake-Up LeWarm Down peppermint, rose	LeVitality: diffuse or smell frequently. Vitality and rose: high frequency oils which help with 'energy' fatigue. Warm Down: 1 or 2 drops in bath; dilute for massage, especially for tired muscles. Peppermint: aroma is very stimulating; dilute for massage
Fever	LeLife Force lavender (babies)	Life Force: dilute and apply to spine. Lavender: dilute, apply to back of neck and the feet
Flu	LeDeliverance, LeEndo Relief, LeMariah, LeStefanie, LeBreezey, LeAspire, LeRevitalize, LeLife Force, LeInside-Out, LeJourney LeEZ-Traveler,	Apply to thymus area, chest, back, feet and wherever the flu has settled creating aches and pains
Gallstones	LeTrust, LeRevitalize, LeLetting Go, LeVision	apply the listed oils as a compress over the gallbladder area; apply on the feet
Gingivitis/Gums	LeTrust, LeUnity, LeMela Plus, LeDeliverance, LeSpiceC	apply on throat and gums; dilute in water and swish around the mouth

Gratitude	^{Le} Grateful Heart	diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil
Grief	^{Le} Sego Lily, ^{Le} Heart Song, ^{Le} Faith, ^{Le} Whispering Hope, sweet orange	diffuse, especially at bedtime, wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists
Hair, color	Roman chamomile, for blonde hair Rosemary for brunettes	2 or 3 drops added to clear water, shampoo or conditioner and massaged into hair 1 or 2 times a week
Hair, health loss	^{Le} Delicate, ^{Le} Eternity	2 or 3 drops added to clear water, shampoo or conditioner and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/ jojoba oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better
Headaches	^{Le} Vitality, ^{Le} Warm Down, ^{Le} Crystal Clear ^{Le} Baby Me, ^{Le} Woman Wise, ^{Le} Deeper ^{Le} Balance, ^{Le} My-graine, ^{Le} Beloved, ^{Le} EZ-Traveler, ^{Le} Millenia, ^{Le} Benediction	there are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler
Heart, palpitations	^{Le} Vitality, ^{Le} Believe, ^{Le} Beloved, ^{Le} Benediction	apply, diluted, to chest; aroma; place on temples
Heartburn	^{Le} Inside-Out ^{Le} Baby Me, peppermint	^{Le} Inside Out and peppermint: apply diluted over stomach and colon; Baby Me should be diluted and applied on chest over the thymus
Hemorrhoids	^{Le} Cypernium, ^{Le} Vitality, ^{Le} Visibility	dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas
Hernia (Inguinal, hiatal)	^{Le} With-In, ^{Le} Millenia	dilute and apply to the area
Hives/Allergic Rashes	^{Le} Baby Me, ^{Le} Mela Plus, peppermint, German chamomile, yarrow	dilute in carrier oil, massage over area 4 drops in 1/4 cup of baking soda in the bath
Hormone Balance	^{Le} Balance, ^{Le} Acknowledge, ^{Le} Vitality, ^{Le} Crystal Clear, ^{Le} Woman Wise, ^{Le} Endo Relief, ^{Le} My-graine, ^{Le} Deeper	apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse
Hot Flashes	^{Le} Endo Relief ^{Le} Balance	apply these oils, diluted, around the bone on the inside of the ankles
Hyperactivity	^{Le} Sunburst, ^{Le} Tranquility, ^{Le} Turmoil, ^{Le} Millenia	apply to the feet; diffuse; wear anywhere on the body

Hypoglycemia	LeBaby Me, LeGrateful Heart, LeDeliverance, coriander, dill	apply over pancreas area on body or feet; diffuse
Immune Stimulant	LeDeliverance, LeBountiful, LeJourney, LeBreezey, LeSpiceC LeRevitalize, LeLife Force,	massage any one of the listed oils on feet and body; diffuse; use in the bath
Insect Bites/Stings	LeMela Plue, LePurify, Tea Tree	apply 1 drop, undiluted, to the area
Insect Repellent	LeAway	dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on. Avoid contact with the eyes
Insomnia	LeBelieve, LeGood-Nite, LeTranquility, LeSunburst, LeVision, LeSolitude, LeDreams, basil	LeTranquility 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
Jaundice	LeRevitalize, geranium	dilute and apply, or use in a compress, over the liver
Kidneys	LeVitality (congestion) LeEndo Relief, LeRevitalize, LeLetting Go, LeMeditation	apply as a compress over the kidneys; be sure to drink plenty of distilled water
Laundry	LeSunburst, 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
Lice	LeDeliverance, LeMela Plus, tea tree	dilute with non-chlorinated water, making the mixture as strong as can be tolerated, and apply frequently to scalp and hair and use to wash combs, bedding, etc.
Ligaments, torn	LeWarm Down, LePaine, LeTenda Care	dilute and apply to the affected areas; consider layering one oil on top of another
Liver Cleanse & Support	LeRevitalize, LeLetting Go LeEZ-Traveler, LeAngel, helichrysum	dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet
Lymphatic Congestion	LeEndo Relief, LeVitality, LeSunburst, LeRevitalize, LeDeliverance, birch	diffuse; dilute for massage or applying to lymph drainage areas of the body; excellent in the bath
Memorization	LeCrystal Clear, LeIQ, LeWake-Up, LeFocus	inhale; apply to wrists and forehead
Menstrual Symptoms	LeWoman Wise, LeBeloved	apply over abdomen & back; in a bath; particularly effective used with a BBL (B&B) tincture, an old Dr. Christopher formula

Mental Confusion	^{Le} Insight, ^{Le} Sunburst, ^{Le} Focus, ^{Le} IQ, ^{Le} Wake-Up, ^{Le} Weightless	inhale; diffuse; apply to wrists, forehead and back of the neck
Mental Alertness	^{Le} Energy, ^{Le} Focus, ^{Le} Wake-Up, ^{Le} IQ	inhale; diffuse; apply to wrists, forehead and back of the neck
Metabolism	^{Le} Endo Relief, ^{Le} Weightless, ^{Le} EZ-Traveler	dilute and apply to throat and thymus area; diffuse; inhale; add to bath
Migraine	^{Le} My-graine, ^{Le} Beloved, ^{Le} Believe, ^{Le} EZ-Traveler Other oils to try: ^{Le} Warm Down, ^{Le} Paine, ^{Le} Tranquility, ^{Le} Millenia, ^{Le} Deeper, ^{Le} Letting Go ^{Le} Deliverance	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; to smell, carry a cotton ball, soaked with ^{Le} My-graine, in purse or pocket; try ^{Le} Deliverance for headaches
Mold/Mildew	^{Le} Deliverance, ^{Le} Sunburst, ^{Le} Purify	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	^{Le} Endo Relief, ^{Le} Revitalize, ^{Le} Millenia, ^{Le} Deliverance, clary sage	use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential inhaler
Morning Sickness	^{Le} Inside-Out, ^{Le} EZ-Traveler sweet orange, grapefruit	behind ears for morning sickness; smell
Motion Sickness	^{Le} EZ-Traveler ^{Le} Inside-Out, ^{Le} My-graine peppermint	apply to feet, temples and wrists; Place on palms of hands, hold to nose and breathe deeply
Muscle Spasms	^{Le} Paine, ^{Le} Tenda Care ^{Le} Warm Down	dilute with carrier oil and massage the affected areas
Nausea	^v ^{Le} EZ-Traveler ^{Le} Inside-Out, ^{Le} My-graine, peppermint, sweet orange	apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc) and sniff frequently
Nightmares	^{Le} Dreams, ^{Le} Believe, ^{Le} Good-Nite	diffuse; place a drop or two on the pillow
Odors, purifying	^{Le} Purify, ^{Le} Sunburst, ^{Le} Insight, pine, lime	diffuse; dilute in water and spritz into the air using a plant mister
Osteoporosis	^{Le} Warm Down, ^{Le} Believe, ^{Le} Deeper, ^{Le} Paine, ^{Le} Eternity, ^{Le} Tranquility	dilute for massage; use in a bath; supplement Tri Boron or other quality calcium; use wild yam cream or other natural progesterone
Overwhelmed	^{Le} Acknowledge, ^{Le} Beloved, ^{Le} Whispering Hope, ^{Le} Connection, ^{Le} Millenia	diffuse; wear as perfume; use in a bath; use on Auricular Therapy points
Panic Attacks	^{Le} Tranquility	inhale; diffuse; wear as perfume; place over thymus or heart chakra
Parasites	^{Le} Inside Out, ^{Le} Revitalize, bergamot	dilute and apply over abdominal area

Pineal & Pituitary	^{Le} Inner Peace, ^{Le} EZ-Traveler, ^{Le} Endo Relief	dilute and apply to back of neck
Pleurisy	^{Le} Vitality, ^{Le} Trust, ^{Le} Breezey, ^{Le} Heart Song, ^{Le} Aspire, ^{Le} Mariah, cypress, thyme	apply diluted over the lungs - front & back; diffuse or sniff deeply
Pneumonia	^{Le} Breezey, ^{Le} Aspire, ^{Le} Mariah	inhale; placed on back and chest
Prostate	^{Le} Balance	dilute and massage inside of ankle around the bone
Purify Air	^{Le} Purify, ^{Le} Deliverance	diffuse; add to water and mist into the air
Purify Water	^{Le} Sunburst, lime, grapefruit	add 1 drop per gallon
Rashes	^{Le} Baby Me	depending on the type of rash, dilute with either distilled water or a carrier oil
Relationships	^{Le} Beloved, ^{Le} Expressions, ^{Le} Jasmine	diffuse; wear as perfume; use in the bath; apply to wrists or temples
Respiratory Ailments	^{Le} Breezey, ^{Le} Aspire ^{Le} Sanctuary, ^{Le} Holiday Spirit	inhale; diffuse; dilute and apply to lung area on both the back and the chest
Restless Leg Syndrome	^{Le} Solitude, ^{Le} Visibility	support the thyroid and adrenal glands using ^{Le} Endo Relief and herbal supplements to increase the body's ability to absorb calcium; and increase intake of good quality calcium
Sanitize	^{Le} Sunburst, ^{Le} Deliverance	dilute with water and use everywhere
Sciatica	^{Le} Paine, ^{Le} Vitality, ^{Le} Baby Me, ^{Le} My-graine, ^{Le} Paine, ^{Le} Deeper, ^{Le} Millenia, ^{Le} Tenda Care	dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress
Self-Expression	^{Le} Millenia, ^{Le} Acknowledge, ^{Le} Heart Song,	diffuse; use in the bath; wear as perfume
Shingles	^{Le} Deeper, ^{Le} Deliverance, ravensara	^{Le} Deeper and ravensara: dilute and use for pain relief and tissue regeneration; use ^{Le} Deliverance to fight the virus
Shock, Trauma	^{Le} IQ, ^{Le} Believe, ^{Le} Crystal Clear, ^{Le} Turmoil, basil, lavender, black pepper, peppermint, rosemary	hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottoms of the feet
Sinus	^{Le} Breezey, ^{Le} Aspire	inhale; diffuse; dilute and apply to sinus areas on the face or on the feet
Skin Health	^{Le} Sego Lily, ^{Le} Baby Me, rosewood, grapefruit	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)

Smoking see addictions		
Snoring	^{Le} Breezey, ^{Le} Good-Nite, ^{Le} Aspire	place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are used alternately, changing every few nights
Sore Throat	^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Endo Relief, ^{Le} Breezey ^{Le} Aspire	dilute and apply to the throat and the sides of the neck, including the area behind and under the ear
Sprains, Sports injuries	^{Le} Warm Down, ^{Le} Paine, ^{Le} Tenda Care, ^{Le} Deeper ^{Le} Millenia (if any structure is out of place), black pepper	dilute in carrier oil and apply to the affected area. The carrier oil should contain arnica if there is any swelling
Spider Bites	^{Le} Mela Plue, ^{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} Revitalize, ^{Le} Vitality	inhale; diffuse; dilute & apply to Thymus area; use 1 - 2 drops in the bath (no more)
Stress	^{Le} Believe, ^{Le} Benediction, ^e Faith, ^{Le} Heart Song, ^{Le} Inner Peace, ^{Le} Letting Go, ^{Le} Meditation, ^{Le} Sanctuary, ^{Le} Sego Lily, ^{Le} Tomorrow, ^{Le} Tranquility, ^{Le} Unity, ^{Le} Weightless, ^{Le} Wisdom, ^{Le} Whispering Hope, 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	add to carrier oil (or open a Vitamin E capsule, also very effective) and apply all over abdomen and hip area
Stroke	^{Le} Vitality	breathe deeply; apply to neck and forehead.
Structural Alignment	^{Le} Millenia, ^{Le} Warm Down	apply to the area or to the feet (to save time and effort - and also the alignment seems to remain in place longer)
Sunburn	see 'burns'	
Thrush	see 'candida'	dilute extra well if working with babies or small children
Thyroid	^{Le} Endo Relief (Hyper- or Hypo- types)	hyper - apply under big toes hypo - apply on top of big toes
Ticks	^{Le} Purify or thyme & 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
Toe Nail Fungus	^{Le} Deliverance, ^{Le} Mela Plus, ^{Le} No-More	add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)
Toothache	^{Le} Purify, clove, spearmint Roman chamomile	apply on the gums at the location of pain/problem and along the jawbone
Toxemia	^{Le} Vitality, cypress	dilute for massage; diffuse; inhale deeply
Varicose veins	^{Le} Vitality, ^{Le} Sunburst ^{Le} Visibility, balsam, cypress	dilute for massage or application to area of concern; use in a bath
Viral Infection	^{Le} Deliverance, ^{Le} Endo Relief, ^{Le} Journey, ^{Le} Life Force, thyme, oregano	dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler
Vitamin absorption	^{Le} Eternity, ^{Le} EZ-Traveler	inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne
Yeast Infection see Candida		
Warts	^{Le} Mela Plus, ^{Le} Deliverance, ^{Le} Purify w/clove	apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful
Wrinkles	Sego Lily, carrot seed, myrrh, rose geranium	dilute with Almond oil or carrier oil and apply to areas of concern