

# Suggestions and Practical Uses

## **ABSCESSSES, DENTAL**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>SpiceC, <sup>Le</sup>Purify, spearmint  
apply to gum area; may want to dilute*

## **ABUNDANCE**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Bountiful, <sup>Le</sup>Grace, <sup>Le</sup>Unity, cardamom, myrrh, patchouli  
diffuse; wear as perfume; use in the bath; apply to wrists or temples*

## **ABUSE PHYSICAL / SEXUAL**

*<sup>Le</sup>Angel, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Insight, <sup>Le</sup>Reconciliation, rose  
diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler*

## **ACCIDENTS**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>Synopsis, <sup>Le</sup>Turmoil  
dilute and apply to the site of the injury; use arnica oil as the carrier oil, if available*

## **ACNE / SKIN**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Baby Me, <sup>Le</sup>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)*

## **ADDICTIONS**

*<sup>Le</sup>LivN, <sup>Le</sup>Revitalize, grapefruit, patchouli, petitgrain  
diffuse; carry an essential oil inhaler*

## **ADRENAL GLANDS**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>Energy, <sup>Le</sup>HeartSong, <sup>Le</sup>InsideOut, <sup>Le</sup>LifeForce, <sup>Le</sup>LiteN, <sup>Le</sup>Trust, <sup>Le</sup>Vitality, basil, geranium, sage, spruce, rosemary  
dilute well and apply locally or to the feet; dilute particularly well with <sup>Le</sup>Energy*

## **ADHD**

*<sup>Le</sup>Millenia, <sup>Le</sup>Tranquility, <sup>Le</sup>Victory  
dilute and apply <sup>Le</sup>Millenia along the spine and/or feet; diffuse <sup>Le</sup>Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both*

## **AFTERSHAVE**

*<sup>Le</sup>Everlasting, <sup>Le</sup>Millenia, sandalwood  
massage coconut oil (the more solid variety) onto the face and then add a little bit of essential oil*

## **ALLERGIES**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Exhilaration (applied down the sternum), <sup>Le</sup>LifeForce, <sup>Le</sup>Sego Lily, <sup>Le</sup>Unity, chamomile Roman, elemi, eucalyptus (for rashes), lavender, melissa, niaouli, patchouli  
inhale; diffuse; wear*

## **ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES**

*<sup>Le</sup>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**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>About Face, <sup>Le</sup>IQ, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Trust, <sup>Le</sup>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**

*<sup>Le</sup>About Face, <sup>Le</sup>Breezey, <sup>Le</sup>Deeper, <sup>Le</sup>Millenia, <sup>Le</sup>MyGraine, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, <sup>Le</sup>TendaCare, birch, cassia, chammomiles, 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**

*<sup>Le</sup>LifeForce, <sup>Le</sup>Revitalize, carrot seed, lavender, lemon  
dilute and apply to the chest and the bottoms of the feet*

## **ANOREXIA**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, <sup>Le</sup>Purify, <sup>Le</sup>Sunburst, <sup>Le</sup>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**

*<sup>Le</sup>Angel, <sup>Le</sup>Cherish, <sup>Le</sup>Expressions, <sup>Le</sup>Grace, <sup>Le</sup>Inner Peace, <sup>Le</sup>Insight, <sup>Le</sup>Letting Go, <sup>Le</sup>LivN, <sup>Le</sup>Reconciliation, <sup>Le</sup>Revitalize, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Unity, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Discernment, <sup>Le</sup>Mariah, <sup>Le</sup>NoMore, <sup>Le</sup>SpiceC, cinnamon, clove, oregano, garlic (sparingly, 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, not just when you are sick*

## **ANTI-INFLAMMATORY / ANTISPASMODIC**

*<sup>Le</sup>Cypernium, <sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>Synopsis, <sup>Le</sup>TendaCare, <sup>Le</sup>Vitality, <sup>Le</sup>WarmDown, <sup>Le</sup>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:  
<sup>Le</sup>Deliverance, <sup>Le</sup>Insight, <sup>Le</sup>MelaPlus, <sup>Le</sup>Purify, <sup>Le</sup>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**

*<sup>Le</sup>Ageless, <sup>Le</sup>Angel, <sup>Le</sup>Assurance, <sup>Le</sup>Cherish, <sup>Le</sup>Dreams, <sup>Le</sup>Faith, <sup>Le</sup>Inner Peace, <sup>Le</sup>Letting Go, <sup>Le</sup>QuietEssence, <sup>Le</sup>Synopsis, <sup>Le</sup>Tranquility, <sup>Le</sup>Victory, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Vision, bergamot, chamomile Roman, frankincense, geranium, jasmine, lavender, lime, melissa, palo santo, patchouli, rose, sandalwood, spruce, tangerine, ylang ylang  
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**

*<sup>Le</sup>Beloved, <sup>Le</sup>Expressions, <sup>Le</sup>Letting Go, <sup>Le</sup>Moonlight, jasmine, neroli, rose, sandalwood, ylang ylang  
diffuse or wear as a perfume*

## **ARTHRITIS**

*<sup>Le</sup>Deeper, <sup>Le</sup>MelaPlus, <sup>Le</sup>Paine (with <sup>Le</sup>Millenia), <sup>Le</sup>Patches, <sup>Le</sup>Reflections, <sup>Le</sup>Tranquility, <sup>Le</sup>UnDone, <sup>Le</sup>Unity,  
<sup>Le</sup>Vitality, <sup>Le</sup>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**

*<sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>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 <sup>Le</sup>Millenia.*

## **ASTHMA**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Everlasting, <sup>Le</sup>Mariah, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>NoMore, <sup>Le</sup>SpiceC, <sup>Le</sup>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**

*<sup>Le</sup>Ageless, <sup>Le</sup>Cinnamon Bear, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Housewarming, <sup>Le</sup>LivN, <sup>Le</sup>LifeForce, <sup>Le</sup>Revitalize, cistus,  
patchouli  
dilute and apply to the chest area and to the bottoms of the feet; diffuse*

## **BABIES (IN GENERAL)**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Julia (gentle digestive), chamomile Roman (for sleep), dill, lavender (calming, too much is  
stimulating)  
for babies, always dilute essential oils well*

## **BACK PAIN & TROUBLE**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, helichrysum  
dilute and massage along the spine*

## **BAD BREATH**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Refreshment, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, peppermint, spearmint  
place 1-2 drops in water and swish around in the mouth*

## **BELCHING, BLOATING**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize  
dilute and massage over stomach and abdomen*

## **BLADDER / BED-WETTING / INFECTION**

*<sup>Le</sup>Beloved, <sup>Le</sup>Dreams, <sup>Le</sup>EndoRelief, <sup>Le</sup>Meditation, <sup>Le</sup>Reflections, cedarwood, celery seed, cypress, goldenrod  
apply over kidneys; best as a hot compress, rub on abdomen at bedtime*

## **BLEEDING (STOPS)**

*<sup>Le</sup>Kadence, <sup>Le</sup>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**

*<sup>Le</sup>Angel, <sup>Le</sup>Benediction, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>UnDone, <sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Deeper, <sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Bountiful, <sup>Le</sup>Breezey, <sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, <sup>Le</sup>LifeForce, <sup>Le</sup>Mariah, <sup>Le</sup>SpiceC, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, chaulmoogra, marjoram, violet leaf  
best if applied in a base such as arnica oil*

## **BURNS**

*<sup>Le</sup>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; <sup>Le</sup>Vallee is for rebuilding of skin and muscle tissue after the wounds have closed*

## **BURSITIS**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown  
dilute and apply to the shoulder area*

## **CALCIUM ABSORPTION**

*<sup>Le</sup>Eternity, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Kadence, <sup>Le</sup>WarmDown, calamus  
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne*

## **CALLUSES**

*<sup>Le</sup>MelaPlus, <sup>Le</sup>Vallee, carrot seed, chamomile Roman, oregano  
dilute with carrier oil and apply frequently to the calloused area*

## **CANDIDA**

*<sup>Le</sup>Candila, <sup>Le</sup>EndoRelief, <sup>Le</sup>InsideOut, <sup>Le</sup>MelaPlus, anthopogon, 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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Discernment, <sup>Le</sup>RefreshMint, <sup>Le</sup>Simplicity, <sup>Le</sup>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**

*<sup>Le</sup>Cypernium, <sup>Le</sup>Millenia, <sup>Le</sup>Solitude, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, <sup>Le</sup>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**

*<sup>Le</sup>AboutFace, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Eternity, <sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Millenia, <sup>Le</sup>SpiceC, spearmint  
use to brush teeth or add a drop to toothpaste on your toothbrush*

## **CELLULITE**

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

## **CHARLEY HORSE**

*<sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown  
dilute and apply to the area*

## **CHOLESTEROL**

*<sup>Le</sup>TendaCare, <sup>Le</sup>Revitalize, ginger, helichrysum  
dilute and apply to the bottoms of the feet*

## **CHRONIC FATIGUE**

*<sup>Le</sup>CinnamonBear, <sup>Le</sup>Deliverance (to kill Epstein Barr virus), <sup>Le</sup>Eternity, <sup>Le</sup>Everlasting, <sup>Le</sup>Kindred Spirit, <sup>Le</sup>Inner Peace, <sup>Le</sup>IQ, <sup>Le</sup>Revitalize  
these oils should be diluted and applied to the chest and the feet. <sup>Le</sup>Eternity and <sup>Le</sup>Everlasting are for the absorption of nutrients <sup>Le</sup>Revitalize and <sup>Le</sup>IQ will help with energy; <sup>Le</sup>Inner Peace for emotional strength and balance; all of the oils will be of benefit if diffused*

## **CIRCULATION**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>Deeper, <sup>Le</sup>Energy, <sup>Le</sup>HeartSong, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>Sunburst, <sup>Le</sup>Tranquility, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, bay, copaiba balsam, geranium, lemongrass, pine, violet leaf  
diffuse; use in a bath; massage; compress over specific area*

## **CLEANERS, HOUSEHOLD**

*<sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Journey, <sup>Le</sup>Mariah, <sup>Le</sup>Simplicity, <sup>Le</sup>SpiceC, <sup>Le</sup>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 <sup>Le</sup>Aspire on the back, <sup>Le</sup>Breezey on the chest, with <sup>Le</sup>Deliverance on the feet, all diluted well, of course*

## **COLIC**

*<sup>Le</sup>InsideOut, <sup>Le</sup>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**

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

## **COMPLEXION**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>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**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>Kadence, <sup>Le</sup>WakeUp, cardamom, frankincense, niaouli, rosemary inhale, or diffuse; apply to wrists or forehead*

## **CONCUSSION**

*<sup>Le</sup>AboutFace, <sup>Le</sup>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**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Everlasting, <sup>Le</sup>Inner Peace, <sup>Le</sup>Insight, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Millenia, <sup>Le</sup>Revitalize, <sup>Le</sup>Unity, <sup>Le</sup>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**

*<sup>Le</sup>InsideOut, carrot seed, turmeric, mandarin, patchouli dilute and massage over the abdomen*

## **COUGHS**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Mariah, cedarwood, manuka, opoponax dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale*

## **CRADLE CAP**

*<sup>Le</sup>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**

*<sup>Le</sup>InsideOut, <sup>Le</sup>LifeForce, basil dilute and apply to the abdominal area*

## **CUTS, BLEEDING**

*<sup>Le</sup>MelaPlus, helichrysum, neroli, yarrow dilute <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, lavender, niaouli apply diluted, usually with water*

## **CYSTITIS / BLADDER INFECTION**

*<sup>Le</sup>Reflections, <sup>Le</sup>Synopsis, <sup>Le</sup>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**

*<sup>Le</sup>Balance, <sup>Le</sup>Beloved, <sup>Le</sup>Woman Wise*

*dilute and apply frequently to the abdominal area and to the insides of the ankles*

## **DANDRUFF**

*<sup>Le</sup>Delicate, laurel, lavender, sage*

*add a few drops to your normal shampoo*

## **DEBILITY**

*<sup>Le</sup>Kadence, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard, <sup>Le</sup>Turmoil, <sup>Le</sup>Vitality, cardamom, cumin (nerves), lavender, nutmeg, patchouli, sage*

*dilute and apply to the chest or to the bottoms of the feet*

## **DENTAL INFECTION**

*<sup>Le</sup>Deliverance, <sup>Le</sup>RefreshMint, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, myrrh, sage, spearmint*

*apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth*

## **DEODORANT**

*<sup>Le</sup>Benediction, <sup>Le</sup>Dreams, <sup>Le</sup>EndoRelief, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>WarmDown*

*dilute with carrier oil and apply to the underarms*

## **DEPRESSION**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Baby Me, <sup>Le</sup>Beloved, <sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Grateful Heart, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go,*

*<sup>Le</sup>Meditation, <sup>Le</sup>MyGraine, <sup>Le</sup>Sego Lily, <sup>Le</sup>Tranquility, <sup>Le</sup>Turmoil, <sup>Le</sup>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**

*<sup>Le</sup>Angel, <sup>Le</sup>EndoRelief, <sup>Le</sup>Letting Go, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, anethi, coriander, dill, eucalyptus*

*coriander is said to lower glucose/insulin levels; dill supports the pancreas and controls glucose levels in the blood; <sup>Le</sup>Deliverance and <sup>Le</sup>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**

*<sup>Le</sup>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**

*<sup>Le</sup>InsideOut, cardamom, carrot seed, ginger, mandarin, orange bitter*

*dilute and apply to the abdomen; there are homeopathic remedies that are effective*

## **DIGESTION**

*<sup>Le</sup>Balance, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Grace, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>LiteN, <sup>Le</sup>QuietEssence, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard,*

*<sup>Le</sup>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**

*<sup>Le</sup>Sunburst, <sup>Le</sup>Purify*

*add a few drops to dishwasher or dish water*

## **DISINFECT / DEODORIZE**

*<sup>Le</sup>Purify, <sup>Le</sup>Sunburst, <sup>Le</sup>Synopsis, cedarwood, copaiba balsam  
in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution*

## **DIURETIC**

*<sup>Le</sup>Balance, <sup>Le</sup>Millenia, <sup>Le</sup>Reflections, goldenrod  
dilute with carrier oil and apply to the abdomen*

## **DIZZINESS**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Kadence, <sup>Le</sup>Quiet Essence, melissa, melissa blend  
massage diluted oil behind the ear on the hard, bony area (temporal bone)*

## **EATING DISORDERS**

*<sup>Le</sup>LiteN, <sup>Le</sup>Purify, <sup>Le</sup>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**

*<sup>Le</sup>Millenia, <sup>Le</sup>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**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>LifeForce, <sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, basil, garlic  
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. <sup>Le</sup>MelaPlus, <sup>Le</sup>EndoRelief, or  
<sup>Le</sup>LifeForce for infection and <sup>Le</sup>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**

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

## **EMOTIONAL IMBALANCES**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Cherish, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart, <sup>Le</sup>HeartSong,  
<sup>Le</sup>Insight, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Reconciliation, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil,  
<sup>Le</sup>Unity, <sup>Le</sup>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**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, <sup>Le</sup>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**

*<sup>Le</sup>Bountiful, <sup>Le</sup>Energy, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>WakeUp  
dilute and apply to bottoms of feet*

## **ENERGY, PROTECTION**

*<sup>Le</sup>Angel, <sup>Le</sup>Benediction, <sup>Le</sup>HeartSong, <sup>Le</sup>Patches  
apply to shoulders and wrists*



## **ENVIRONMENTAL TOXINS**

*<sup>Le</sup>LifeForce, <sup>Le</sup>LivN*

*dilute and apply to the feet or along the spine*

## **EXPECTORANT**

*<sup>Le</sup>Deliverance, <sup>Le</sup>SpiceC, angelica, benzoin, ravensara*

*dilute and apply to throat and chest areas*

## **EYES**

*<sup>Le</sup>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)**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>Kadence, <sup>Le</sup>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**

*<sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, <sup>Le</sup>WarmDown, <sup>Le</sup>Wisdom, peppermint, rose Diffuse <sup>Le</sup>Vitality or smell frequently. <sup>Le</sup>Vitality and rose are high frequency oils which help with “energy” fatigue. Use 1 or 2 drops of <sup>Le</sup>WarmDown in the bath; dilute for massage, especially for tired muscles. Peppermint’s aroma is very stimulating; dilute for massage.*

## **FATTY LIVER**

*<sup>Le</sup>LivN, ledum*

*dilute and apply over the upper right side of the abdomen and on the right foot; <sup>Le</sup>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**

*<sup>Le</sup>LifeForce, <sup>Le</sup>ThermaCare, eucalyptus, lavender (babies), yarrow yellow*

*dilute <sup>Le</sup>LifeForce and apply to spine; lavender and <sup>Le</sup>ThermaCare dilute, apply to back of neck and the feet*

## **FIBROMYALGIA**

*<sup>Le</sup>Deeper, <sup>Le</sup>LifeForce, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, birch, wintergreen*

*should be diluted and applied to the body; add 1 or 2 drops in a tub and soak*

## **FLATULENCE**

*<sup>Le</sup>Grace, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Journey, <sup>Le</sup>LifeForce, <sup>Le</sup>Mariah, <sup>Le</sup>Stefanie, <sup>Le</sup>Synopsis, <sup>Le</sup>Revitalize, <sup>Le</sup>ThermaCare, melissa*

*apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should also apply <sup>Le</sup>InsideOut, diluted, to the abdomen*

## **FOOD POISONING**

*<sup>Le</sup>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**

*<sup>Le</sup>Letting Go, <sup>Le</sup>Revitalize, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Vision, grapefruit, lemon, lime, rose geranium*

*apply the listed oils as a compress over the gallbladder area; apply on the feet*

## **GANGRENE**

*<sup>Le</sup>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**

*<sup>Le</sup>Grace, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>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)**

*<sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>RefreshMint, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, <sup>Le</sup>Trust, <sup>Le</sup>Unity, spearmint*

*apply on throat and gums; dilute in water and swish around the mouth*

## **GOUT**

*<sup>Le</sup>Deeper, <sup>Le</sup>Meditation, <sup>Le</sup>Paine, <sup>Le</sup>Reflections, <sup>Le</sup>Revitalize, <sup>Le</sup>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**

*<sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Reconciliation*

*diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil*

## **GRIEF**

*<sup>Le</sup>Cherish, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Sego Lily, <sup>Le</sup>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**

*<sup>Le</sup>Delicate, <sup>Le</sup>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**

*<sup>Le</sup>Angel, <sup>Le</sup>Baby Me, <sup>Le</sup>Balance, <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Deeper, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Millenia, <sup>Le</sup>MyGraine, <sup>Le</sup>Patches, <sup>Le</sup>Vitality, <sup>Le</sup>WarmDown, <sup>Le</sup>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 circulator 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**

*<sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Mariah, <sup>Le</sup>Vitality*

*dilute and apply to the chest*

## **HEART, PALPITATIONS**

*<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality, marjoram, neroli, orange sweet, petitgrain, violet leaf  
apply, diluted, to chest; aroma; place on temples*

## **HEARTBURN**

*<sup>Le</sup>Baby Me, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize, peppermint  
<sup>Le</sup>InsideOut and peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; <sup>Le</sup>Baby Me should be diluted and applied on chest over the thymus*

## **HEMATOMA**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia, cypress, helichrysum, lemongrass  
dilute and apply to the affected areas*

## **HEMORRHOIDS**

*<sup>Le</sup>Cypernium, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, geranium  
dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas*

## **HERNIA**

*<sup>Le</sup>Millenia, <sup>Le</sup>WithIn  
dilute and apply to the area*

## **HERPES VIRUS**

*<sup>Le</sup>Simplicity, melissa  
dilute and apply along the jaw line, along the spine and on the feet*

## **HIVES / ALLERGIC RASHES**

*<sup>Le</sup>Baby Me, <sup>Le</sup>MelaPlus, <sup>Le</sup>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**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Balance, <sup>Le</sup>Cherish, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Deeper, <sup>Le</sup>EndoRelief, <sup>Le</sup>Expressions, <sup>Le</sup>Intention, <sup>Le</sup>Synopsis, <sup>Le</sup>Unity (uptake of nutrients), <sup>Le</sup>Vitality, <sup>Le</sup>Woman Wise, 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**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, yarrow green  
apply these oils, diluted, around the bone on the inside of the ankles*

## **HYPERACTIVITY**

*<sup>Le</sup>Millenia, <sup>Le</sup>Sunburst, <sup>Le</sup>Tranquility, <sup>Le</sup>Turmoil, <sup>Le</sup>Victory  
apply to the feet; diffuse; wear anywhere on the body*

## **HYPOGLYCEMIA**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Grateful Heart, <sup>Le</sup>WakeUp, anethi, coriander, dill, eucalyptus  
apply over pancreas area on body or feet; diffuse*

## **IMMUNE STIMULANT**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Bountiful, <sup>Le</sup>Breezey, <sup>Le</sup>Cherish, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Deliverance, <sup>Le</sup>Housewarming, <sup>Le</sup>Journey, <sup>Le</sup>LifeForce, <sup>Le</sup>LiteN, <sup>Le</sup>QuietEssence, <sup>Le</sup>Revitalize, <sup>Le</sup>SpiceC, hinoki, ledum, mountain savory, orange sweet, oregano, saro  
massage any one of the listed oils on feet and body; diffuse; use in the bath*

## **IMPETIGO**

*LeBaby Me, LeSego Lily, LeMelaPlus, LeUnDone*

*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**

*LeMelaPlus, LePurify, basil, lavender, manuka, mountain savory, niaouli, tea tree*

*apply 1 drop, undiluted, to the area*

## **INSECT REPELLANT**

*LeAway, LePurify, 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**

*LeBelieve, LeDreams, LeGoodNite, LeJulia, LeQuietEssence, LeSanctuary, LeSolitude, LeSunburst, LeTranquility, LeVision, basil, myrtle*

*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.*

## **IRRITABLE BOWEL SYNDROME**

*LeInsideOut, LeJulia, LeRevitalize, anise, peppermint*

*dilute and apply to the abdominal area*

## **JAUNDICE**

*LeRevitalize, LeLivN, geranium, rose geranium*

*dilute and apply, or use in a compress, over the liver*

## **JET LAG**

*LeCrystal Clear, LeEnergy, LeIQ, LeMillenia, LeWisdom, grapefruit*

*apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water*

## **KIDNEYS**

*LeAcknowledge, LeCherish, LeEndoRelief, LeLetting Go, LeMeditation, LeReflections, LeSynopsis, LeVitality*

*(congestion), LeRevitalize, bergamot, birch (stones), goldenrod, grapefruit, ledum, ravensara*

*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*

## **LAXATIVE**

*cardamom, hyssop, jasmine, tangerine*

*apply to the abdomen; inhale*

## **LEAD POISONING**

*LeLivN, LeRevitalize*

## **LEG CRAMPS (SEE RESTLESS LEG)**

## **LICE**

*LeDeliverance, LeMelaPlus, 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**

*<sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>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**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Letting Go, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard, <sup>Le</sup>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)**

*<sup>Le</sup>Ageless, <sup>Le</sup>Deliverance, <sup>Le</sup>InsideOut, <sup>Le</sup>LifeForce, <sup>Le</sup>Millenia, <sup>Le</sup>Wisdom, lupus is an auto-immune disorder—please see that section*

## **LYME DISEASE**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, manuka, oregano, rosemary, tea tree*

## **LYMPHATIC CONGESTION**

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

## **MASSAGE**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Expressions, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Intention, <sup>Le</sup>Sego Lily, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, <sup>Le</sup>Weightless, <sup>Le</sup>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**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>WakeUp, saro inhale; apply to wrists and forehead*

## **MEMORY LOSS**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>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**

*<sup>Le</sup>Millenia, <sup>Le</sup>EndoRelief, orange sweet, grapefruit place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear*

## **MENOPAUSE**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief dilute and apply to chest, abdomen, and feet*

## **MENSTRUAL SYMPTOMS**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Beloved, <sup>Le</sup>Faith, <sup>Le</sup>QuietEssence, <sup>Le</sup>Trust, <sup>Le</sup>Unity, <sup>Le</sup>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**

*<sup>Le</sup>About Face, <sup>Le</sup>Acknowledge, <sup>Le</sup>Focus, <sup>Le</sup>Insight, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Sunburst, <sup>Le</sup>WakeUp, <sup>Le</sup>Weightless, basil, violet leaf inhale; diffuse; apply to wrists, forehead and back of the neck*

## **MENTAL ALERTNESS**

*<sup>Le</sup>Energy, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Revitalize, <sup>Le</sup>Trust, <sup>Le</sup>Unity, <sup>Le</sup>WakeUp, <sup>Le</sup>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**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>EZ Traveler, <sup>Le</sup>LiteN, <sup>Le</sup>Weightless, oregano, pine  
dilute and apply to throat and thymus area; diffuse; inhale; add to bath*

### **MIGRAINE**

*<sup>Le</sup>Angel, <sup>Le</sup>Balance, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>MyGraine, <sup>Le</sup>Paine, <sup>Le</sup>Tranquility, <sup>Le</sup>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 <sup>Le</sup>MyGraine, in purse or pocket; try <sup>Le</sup>Deliverance for headaches*

## **MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)**

### **MOLD / MILDEW**

*<sup>Le</sup>Deliverance, <sup>Le</sup>NoMore, <sup>Le</sup>Purify, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Millenia, <sup>Le</sup>Purify, <sup>Le</sup>Revitalize, clary sage  
use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential oil inhaler*

### **MORNING SICKNESS**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Intention, grapefruit, orange sweet  
place a drop or two of oil behind ears; inhale*

### **MOTION SICKNESS**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>MyGraine, peppermint  
apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply*

### **MOUTHWASH**

*<sup>Le</sup>Deliverance, <sup>Le</sup>RefreshMint, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, <sup>Le</sup>Trust, wintergreen, spearmint  
dilute and rinse the mouth for a few seconds*

### **MUSCLE RELAXANT**

*<sup>Le</sup>Breezey, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, cajeput, peppermint, opoponax  
dilute with carrier oil and massage the affected areas*

### **MUSCLE SPASMS**

*<sup>Le</sup>Breezey, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>UnDone, <sup>Le</sup>WarmDown, manuka, marjoram, myrrh, niaouli, peppermint  
dilute with carrier oil and massage the affected areas*

### **MULTIPLE SCLEROSIS**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>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**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Julia, <sup>Le</sup>MyGraine, <sup>Le</sup>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**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>UnDone, birch  
dilute and apply to the affected areas*

## **NERVES / NERVOUS SYSTEM**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>Assurance, <sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Dreams, <sup>Le</sup>Expressions, <sup>Le</sup>Faith, <sup>Le</sup>HeartSong, <sup>Le</sup>Housewarming, <sup>Le</sup>Inner Peace, <sup>Le</sup>InsideOut, <sup>Le</sup>IQ, <sup>Le</sup>Letting Go, <sup>Le</sup>QuietEssence, <sup>Le</sup>Sanctuary, <sup>Le</sup>Synopsis, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>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**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>UnDone, birch  
dilute and apply to the affected areas*

## **NIGHTMARES**

*<sup>Le</sup>Believe, <sup>Le</sup>Dreams, <sup>Le</sup>GoodNite, <sup>Le</sup>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**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Everlasting, <sup>Le</sup>Faith, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>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**

*<sup>Le</sup>Insight, <sup>Le</sup>Purify, <sup>Le</sup>Sunburst, lime, pine  
diffuse; dilute in water and spritz into the air using a plant mister*

## **OSTEOPOROSIS**

*<sup>Le</sup>Believe, <sup>Le</sup>Deeper, <sup>Le</sup>Eternity, <sup>Le</sup>Kadence, <sup>Le</sup>Paine, <sup>Le</sup>Tranquility, <sup>Le</sup>WarmDown  
dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural progesterone*

## **OVERWHELMED**

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

## **PAIN (SEE ANALGESIC)**

## **PANCREAS**

*<sup>Le</sup>EndoRelief, coriander, dill  
dilute, apply to the chest, abdomen, and feet*

## **PANIC ATTACKS**

*<sup>Le</sup>Beloved, <sup>Le</sup>HeartSong, <sup>Le</sup>Tranquility, neroli  
inhale; diffuse; wear as perfume; place over thymus or heart chakra*

## **PARASITES**

*<sup>Le</sup>InsideOut, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard, bergamot, turmeric  
dilute and apply over abdominal area*

## **POLYCYSTIC OVARIAN SYNDROME (PCOS)**

*<sup>Le</sup>Balance, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>EndoRelief, <sup>Le</sup>Woman Wise, helichrysum, rosewood, St. john's wort dilute and apply over abdominal area*

## **PINEAL AND PITUITARY**

*<sup>Le</sup>AboutFace, <sup>Le</sup>EZ Traveler, <sup>Le</sup>EndoRelief, <sup>Le</sup>Grace, <sup>Le</sup>Inner Peace dilute and apply to back of neck*

## **PLEURISY**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>HeartSong, <sup>Le</sup>Mariah, <sup>Le</sup>Trust, <sup>Le</sup>Vitality, cypress, thyme apply diluted over the lungs—front & back; diffuse or sniff deeply*

## **PMS**

*<sup>Le</sup>Balance, <sup>Le</sup>Deeper, <sup>Le</sup>QuietEssence, <sup>Le</sup>Synopsis, <sup>Le</sup>Woman Wise dilute and apply to the abdomen and the small of the back*

## **PNEUMONIA**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Mariah, <sup>Le</sup>Stefanie, cajeput, cedarwood, hyssop, manuka, oregano inhale; place on back and chest*

## **PTSD POST TRAUMATIC STRESS DISORDER**

*<sup>Le</sup>Angel, <sup>Le</sup>Letting Go, <sup>Le</sup>QuietEssence, <sup>Le</sup>Revitalize, <sup>Le</sup>Wisdom, sandalwood, vanilla dilute and apply to the chest and the feet;*

## **PROSTATE**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Woman Wise, basil, myrtle, peppermint diffuse; place anywhere on the body*

## **PROTECTION, ENERGY & PSYCHIC**

*<sup>Le</sup>Benediction, <sup>Le</sup>HeartSong, <sup>Le</sup>Inner Peace, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>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**

*<sup>Le</sup>CinnamonBear, <sup>Le</sup>Deliverance, <sup>Le</sup>Housewarming, <sup>Le</sup>Purify, <sup>Le</sup>Sunburst diffuse; add to water and mist into the air*

## **PURIFY WATER**

*<sup>Le</sup>Sunburst, grapefruit, lime add 1 drop per gallon*

## **RASHES**

*<sup>Le</sup>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**

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

## **RESPIRATORY AILMENTS**

*<sup>Le</sup>Aspire, <sup>Le</sup>Bountiful, <sup>Le</sup>Breezey, <sup>Le</sup>Cherish, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Housewarming, <sup>Le</sup>Mariah, <sup>Le</sup>Sanctuary, <sup>Le</sup>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**

*<sup>Le</sup>QuietEssence, <sup>Le</sup>Solitude, <sup>Le</sup>Visibility*

*support the thyroid and adrenal glands using <sup>Le</sup>EndoRelief and herbal supplements to increase the body's ability to absorb calcium; increase your intake of good quality calcium*

## **RINGWORM**

*<sup>Le</sup>Deliverance, <sup>Le</sup>NoMore, <sup>Le</sup>Purify, <sup>Le</sup>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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Sunburst*

*dilute with water and use everywhere*

## **SARS (SEE "RESPIRATORY AILMENTS" FOR OTHER SUGGESTED ESSENTIAL OILS)**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, melissa*

## **SCARRING**

*<sup>Le</sup>About Face, <sup>Le</sup>Baby Me, <sup>Le</sup>UnDone, <sup>Le</sup>Vallee, geranium, helichrysum, hyssop, jasmine, lavender, palmarosa, patchouli, rosewood, rose dilute and apply often and generously*

## **SCIATICA**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Deeper, <sup>Le</sup>MyGraine, <sup>Le</sup>Millenia, <sup>Le</sup>Paine, <sup>Le</sup>TendaCare, <sup>Le</sup>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**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>HeartSong, <sup>Le</sup>Millenia*

*diffuse; use in the bath; wear as perfume*

## **SHINGLES**

*<sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, <sup>Le</sup>QuietEssence, geranium, ravensara*

*<sup>Le</sup>Deeper and ravensara dilute and use for pain relief and tissue regeneration; use <sup>Le</sup>Deliverance to fight the virus*

## **SHOCK, TRAUMA**

*<sup>Le</sup>Believe, <sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>QuietEssence, <sup>Le</sup>Revitalize, <sup>Le</sup>Turmoil, <sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, bay, cajeput, myrrh, niaouli, peppermint*

*inhale; diffuse; dilute and apply to sinus areas on the face or on the feet*

## **SKIN HEALTH**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>Baby Me, <sup>Le</sup>Reconciliation, <sup>Le</sup>Sego Lily, <sup>Le</sup>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**

*<sup>Le</sup>Reconciliation, <sup>Le</sup>Vallee, chaulmoogra, geranium, helichrysum, lavender, patchouli, rosemary*

*dilute and apply to the area*

## **SKUNK SPRAY ODOR (ON ANIMALS)**

*<sup>Le</sup>Purify*

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

## **SLEEP APNEA**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Crystal Clear, <sup>Le</sup>GoodNite, <sup>Le</sup>IQ, <sup>Le</sup>Millenia dilute and apply to the sinus areas or to the feet*

## **SLIMMING AND TONING**

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

## **SMOKING (SEE ADDICTIONS)**

### **SNORING**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>GoodNite, <sup>Le</sup>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**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>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)**

*<sup>Le</sup>Millenia dilute with carrier and massage along the spine*

### **SPRAINS / SPORTS INJURIES**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia (if any structure is out of place), <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>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**

*<sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, <sup>Le</sup>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**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)*

### **STREP THROAT**

*<sup>Le</sup>Deliverance, <sup>Le</sup>SpiceC, melissa dilute and apply to the throat*

### **STRESS**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Inner Peace, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Letting Go, <sup>Le</sup>Meditation, <sup>Le</sup>QuietEssence, <sup>Le</sup>Sanctuary, <sup>Le</sup>Sego Lily, <sup>Le</sup>Tomorrow, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Weightless, <sup>Le</sup>Wisdom, <sup>Le</sup>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**

*<sup>Le</sup>Baby Me, <sup>Le</sup>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**

*<sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality*

*breathe deeply; apply to neck and forehead*

## **STRUCTURAL ALIGNMENT**

*<sup>Le</sup>Millenia, <sup>Le</sup>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**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go, <sup>Le</sup>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**

*<sup>Le</sup>Dreams, <sup>Le</sup>GoodNite, <sup>Le</sup>Tranquility*

*diffuse during the night or place a drop on the pillow*

## **TENDONS, DAMAGED**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, birch*

*dilute and apply regularly to the area until it is completely healed*

## **THRUSH (SEE CANDIDA)**

## **THYROID**

*<sup>Le</sup>EndoRelief (hyper- or hypo- types), ledum, myrtle, palmarosa*

*hyper—apply under big toes*

*hypo—apply on top of big toes*

## **TICKS**

*<sup>Le</sup>Purify or thyme and lavender*

*1 or 2 drops of <sup>Le</sup>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**

*<sup>Le</sup>Deeper, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown*

*<sup>Le</sup>Millenia diluted and applied along the jaw line will help the jaw to realign; <sup>Le</sup>WarmDown, <sup>Le</sup>TendaCare,*

*<sup>Le</sup>Deeper will reduce the pain and inflammation; <sup>Le</sup>Magi, <sup>Le</sup>Meditation are for the emotional aspects of the tension that is being held in the jaw*

## **TOE NAIL FUNGUS**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>NoMore, <sup>Le</sup>SpiceC*

*add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil)*

**TOOTHACHE**

*<sup>Le</sup>Purify, chamomile Roman, clove, spearmint  
apply on the gums at the location of pain/problem and along the jawbone*

**TOXEMIA**

*<sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality, cypress  
dilute for massage; diffuse; inhale deeply*

**TRAUMA**

*<sup>Le</sup>LifeForce, <sup>Le</sup>Turmoil, angelica, dong quai, peppermint  
dilute and apply to the chest and the feet; diffuse; place anywhere on the body*

**TUMORS, CANCER**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Revitalize, anthopogon, frankincense, mountain savory*

**VARICOSE VEINS**

*<sup>Le</sup>Key to My Heart, <sup>Le</sup>Sunburst, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, copaiba balsam, cypress, lemongrass  
dilute for massage or application to area of concern; use in a bath*

**VERTIGO**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Kadence, <sup>Le</sup>Millenia, calamus, melissa, melissa blend, tangerine  
diffused; inhaled, carry with you in an inhaler; place on the wrists or temples*

**VIRAL INFECTION**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Discernment, <sup>Le</sup>EndoRelief, <sup>Le</sup>Journey, <sup>Le</sup>LifeForce, <sup>Le</sup>SpiceC, melissa, oregano, thyme  
dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler*

**VITALITY**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>Energy, <sup>Le</sup>Everlasting, <sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, peppermint  
dilute and apply to the chest or the feet; diffuse*

**VITAMIN ABSORPTION**

*<sup>Le</sup>Eternity, <sup>Le</sup>EZ 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**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>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**

*<sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Weightless, anise, celery seed, ledum, lemongrass, neroli  
dilute, apply to the body or to the bottoms of the feet; the aroma of <sup>Le</sup>Weightless is often effective to curb food cravings*

**WORMS (SEE PARASITES)****WRINKLES**

*<sup>Le</sup>AgeLess, <sup>Le</sup>AboutFace, <sup>Le</sup>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)**

*<sup>Le</sup>Assurance, <sup>Le</sup>Energy, <sup>Le</sup>Exhilaration  
diffuse; inhale; wear as perfume*